

# ENKAMIGAK

## W.U.T.'S UP



**WIKWEMKOONG  
UNCEDED TERRITORY  
EVENTS GUIDE**

**In This Issue:**

W.U.T Director of Operations Message/Dikidawin *Page 2*

RESTORING WIKWEMKOONG LAND & WATER  
SYSTEMS-HISTORIC OIL & GAS EXPLORATION *Page 18*

YOUTH 'VIBRANCE'-Recognizing Our Youth  
Ashley Assinewe-Bennett *Page 32*



Enkamigak W.U.T.'S UP is funded and  
produced by Naandwechige-Gamig  
Wikwemikong Health Centre



Photo Provided by:  
Nikki Maritowabi

**Wiikwemkoong  
Wood Pellet  
Heating *Page 19***

# Wiikwemkoong Unceded Territory

19 A Complex Drive, P.O. Box 112  
Wiikwemikong, Ontario P0P 2J0

December 20, 2019

## NOTICE

### FEDERAL INDIAN DAY SCHOOL SETTLEMENT

Please note that the court challenges to the Federal Indian Day School Settlement Agreement has been withdrawn. There will be no further appeals. This is a positive step forward for Survivors in allowing the claims process to begin and settlement to proceed.

Approved Application Forms will soon be made available and once an implementation date is set, the compensation process will begin. This should be very early in the new year. Survivors will then have 2.5 years from the implementation date to submit a claim.

There will be updates once the implementation date is confirmed and information on submitting a claim will then become available. Should you have any questions or require assistance, please visit <https://indiandayschools.com/>.

You may contact the NAANDWECHIGE-GAMIG Wiikwemkoong Health Centre for assistance with a Class member application once they are approved and released.

Miigwech.



Ogimaa Duke Peltier  
Wiikwemkoong Unceded Territory

## Table of Contents

Front Inside Cover: Director of Operations Kevin Wassegijig Message/Dikidawin .....	Page 2
Aasnaa Naad Maad Daa Miinwaa "Let's Help Each Other Again" .....	Page 3
Community Health Primary Care .....	Page 3
Daystar Community Centre.....	Page 6
Debajehmujig Storytellers .....	Page 7
Home Care - Amikook .....	Page 7
'Minaawsang" (As We Parent) Children's Services Program.....	Page 9
Nadmadwin Mental Health.....	Page 11
Ngwaagan Gamig Recovery Centre Inc. (Rainbow Lodge).....	Page 11
Aasgaabwitwindwaa Binoojiinhik Wiin Ni Gshkiwewziwaat (formerly School Health Support Services)...	Page 13
Waasa Naabin Community Youth Services Centre .....	Page 13
Wikwemikong Board of Education.....	Page 14
Wikwemikong Dbendaaswin (Estates Office).....	Page 16
Wikwemikong Public Library.....	Page 17
STORY: Restoring Wiikwemkoong Land & Water Systems from 1800-1940 Oil & Gas Exploration.....	Page 18
STORY: Wiikwemkoong: Working Toward Climate Change with Wood Pellet Heating.....	Page 19
STORY: Gas Cards Phased Out January 2020 and Update on Status Card Applications.....	Page 20
Wikwemikong Heritage Organization.....	Page 21
Wikwemikong Ontario Works .....	Page 22
Wikwemikong Tribal Police Service .....	Page 24
STORY: Wikwemikong Tribal Police Service Award for Vehicle Design .....	Page 25
Wikwemikong Fire Department .....	Page 26
STORY: Wikwemikong Tourism: Leader in Indigenous Tourism .....	Page 28
Rainbow Ridge Golf Course .....	Page 29
Holy Cross Mission & Satellite Community Churches .....	Page 30
HIGHLIGHT: Mental Wellness Peer Mentoring Program.....	Page 30
Fun & Fitness Activities.....	Page 31
YOUTH VIBRANCE WIIKWEMKOONG: Ashely Assinewe-Bennet & Autumn Peltier.....	Page 32
Wikwemkoong Phone Directory .....	Back Inside Cover

***“The Enkamigak W.U.T.S UP – Wiikwemkoong Unceded Territory Events Guide’ is a FREE quarterly publication produced by Naandwechige-Gamig Wikwemikong Health Centre. The content of Enkamigak is inclusive of all community agencies and organizations – under the Wiikwemkoong Interagency Relations Process.***

***Publication Editor, Designer and Interagency Relations Lead is Kerry Assiniwe, Communications & Media Services at Wikwemikong Health Centre.***

***Please Note: Events in the Guide are subject to change at the discretion of the hosting agency or organization. For questions or comments, please contact Kerry Assiniwe: 705-859-3164 Ext. 248 or email [kassiniwe@wikyhealth.ca](mailto:kassiniwe@wikyhealth.ca). Miigwetch and enjoy!”***



**Wiikwemkoong**  
UNCEDED TERRITORY



**DIRECTOR OF OPERATIONS MESSAGE**  
**DIRECTOR OF OPERATIONS DIKIDAWIN**

*Kevin Wassegijig*  
*Wiikwemkoong Unceded Territory*

Reflecting on the past year, I am thankful. I am thankful for what we have lost and what we have gained. I am thankful for all the gifts that are given to us. I am thankful as we move forward to the new year living the good life as Anishinaabe. We, Wiikwemkoong Anishinaabek are beginning to thrive. Our stories are coming out, and we are healing together. We are working together on our language and will continue to. We belong to Wiikwemkoong. Wiik-

wemkoong is the land, and this is our home. Anishinaabe is one big family. We must continue to work together; together as one; as a family. Let's visit each other more and speak to each other in Anishinaabemowin. Let's share what we have and know with one another. We must respect ourselves, respect one another and respect our land. And to love everyone equally in a good way and always remember to help each other. We, Wiikwemkoong Anishinaabek, are going to keep moving forward. It will get better if we continue to work together. Speak to me in Anishinaabemowin all the time.

*Ndoo miigwechendam makwendamaa maanda gwoboongak gaabi zhiwebak. gaazhi naachtaasiing miinwaa ge gaazhi shkewiziying. Ndoo miigwechendam kina gegoo gaabi miingowewziying miinwaa ge wii minamaajiishkaaying nonggwa eshki gwoboongak. Eshkam gwa gdoo minamaajiishkaami maanpii Wiikwemkoong, doo dibaataanaa nikeyaa gaazhi bimaadiziing miinwaa ge ezhi naadimaadiing weweni wii minabimaadiziing. Ka aabijitaami miinwaa ka naadimaadimi wii Anishinaabemiing maanpii Wiikwemkoong. Ka bwochidimi, ka Anishinaabemtaadimi, ka aankenmaadimi kina gegoo ekendamiing. Kina gwa doo gwodwe`aangizimi, Wiikwemkoong doo debendaawgizimi, mii maanda kiing e aawang, Wiikwemkoong, mii maanpii enji ndaasweyiing. Aabidek ge ka wii mina wiidookidaadimi maanpii Wiikwemkoong, miinwaa ge ka mnaadendis ,ka mnaadendmaa kina gwiiya, Ka mnaadendaan maanda kiing miinwaa ge ka zaagidimi. Kiinwi, Wiikwemkoong Ninnook miinwaa Kwewok ka mina maajiishkaami iishpin kina naadimaadiing.*

*Anishinaabemtooshin Pane*



*Chi Miigwetch to the staff of Wikwemikong Heritage Organization for their continued dedication in helping our community organizations and members with Anishinabemowin translation whether written or spoken.*



**AASNAA NAAD MAAD DAA  
MIINWAA "LET'S HELP EACH  
OTHER AGAIN"**

**c/o NADMADWIN Mental Health Clinic  
16 A Complex Drive, P.O. Box 101  
Wikwemikong, Ontario  
POP 2J0  
705-859-2330**

**Main Contact Person(s):**

Teresa Trudeau-Magiskan, Ext. 291, Coordinator  
Daniel Manitowabi, Ext. 308. Clinician

Aanii, Niin Terri, Teresa Trudeau Ndizhinikaas.  
Aasnaa Naad Maad Daa Miinwaa Program Coordinator nda naangzhe mampii Naanwechige gamigoong.  
Since April, 2019 I have been employed by the Wikwemikong Health Center in the Nadmadwin Mental Health team to deliver support, advocacy and holistic wellness for community members who have experienced any form of violence and dealing with the historical trauma of residential schools, day schools, churches, and children's aid society.  
In the month of May, there were community awareness and information sessions held at each of the satellite communities. The vision sharing and feedback received was consistent with the importance of preserving history, language revitalization and the placement of memorial plaques at every location throughout Wiikwemikoong where a day school was situated. Some communities such as Murray Hill, Wiikwemikoosing, Kaboni and Buzwah do not have community centers and participants acknowledged the need to establish a community heritage center that would reflect the community history with pictures of the day school and historical information.  
The program has delivered a variety of activities in the Medicine Lodge at Naandwechige Gamig including Men's Teaching Circles, Pipe Teachings, Full Moon Ceremonies, Bundle Teachings and Red Road to Wellbriety Sharing Circles.  
In September Daniel Manitowabi was hired as Clinician and we have been and will continue to assist community members in submitting registration forms and claim forms to the Indian Day School Class Action Settlement. The program activities in the months of December, January and February will include Anishnaabemowin Circles in partnership with Wikwemikong Heritage Organization, Hand Drumming

and Hand Drum Making for children in partnership with Wikwemikong Family Services. Also look forward to social events and gatherings for former students of Indian Day Schools and their families.  
Nahow, Miigwech, baa maa pii miinwa.



**COMMUNITY HEALTH  
PRIMARY CARE  
16A Complex Drive  
Wikwemikong Ontario  
POP 2J0  
705-859-3164**

**Main Contact Person(s):**

Theresa Pangowish, Manager Ext. 300  
Kate St. George, Community Health Nurse Ext. 309  
Lianne Hovingh Community Health Nurse Ext. 315  
Dakota Recollet, Physical Activity Health Promoter Ext. 303  
Sue-Ann Oshkabewisens, Aboriginal Diabetes Initiative Worker Ext. 304  
Verna Francis, Diabetes Education Nurse Ext. 294

**Social Media Sites**

Facebook: *Diabetes - Prevention, Awareness and You*

The goal of the community Health Primary Care Program is to improve overall health status and empower community members to take responsibility and take an active role in improving their health. Mandatory programs are delivered by health promotion, prevention, health protection and health maintenance.

Community Health Promotion- To offer a broad range of community-based activities that enhances health and well-being of community members. Focus on health promotion and injury/illness prevention and include such programs as child health, school health, adult health and elder health using population health approach.

\*NOTE: Please call to confirm activities as some subject change\*

## PHYSICAL FITNESS ACTIVITIES

### SENIOR EXERCISES

Amikook Senior Centre

January 6, 8, 10, 13, 15, 17, 20, 22, 24, 27, 29, 31 at 9:00am

February 3, 5, 7, 10, 12, 14, 19, 21, 24, 26, 28 at 9:00am

March 2, 4, 6, 9, 11, 13, 23, 25, 27, 30 at 9:00am

### MORNING CARDIO

Fitness Centre

January 8, 13, 22, 27 from 6:45-7:30am

February 5, 10, 19, 24 from 6:45-7:30am

March 4, 9, 23, 25 from 6:45-7:30am

### FIT FRIDAYS

Dance Studio

January 10, 17, 24, 31 from 12:10-12:45pm

February 7, 14, 21, 28 from 12:10-12:45pm

March 6, 13, 27 from 12:10-12:45pm

### AQUAFIT

Espanola Complex - Will depart Health Centre at 8:00am and return at 1:30pm

January 14, 21, 28 from 10:00-10:55am

February 11, 18, 25 from 10:00-10:55am

March 10, 24, 31 from 10:00-10:55am

### WALKING CHALLENGE

January 6 – February 28 record and submit your weekly steps for prize draws!

### KICKBOXING

Pontiac School Gym

January 8, 15, 22, 29 from 6:00-7:00pm

February 5, 12, 19, 26 from 6:00-7:00pm

### YOGA

Youth Centre

January 14, 28 from 6:00pm-6:45pm

February 11, 25 from 6:00pm-6:45pm

### FAMILY SNOWSHOE RELAY

Rainbow Ridge Golf Course

January 7 from 4:30-7:00pm

### ZUMBA

Wikwemikong Arena Upstairs

January 6, 13, 20, 27 from 7:00-8:00pm

### BADMINTON

High School Gym

January 7, 14, 21, 28 from 7:00-8:30pm

### POWWOW BOOTCAMP

Wikwemikong Arena Upstairs

February 3, 10, 24 from 7:00-8:00pm

### VOLLEYBALL

Pontiac School Gym

February 4, 11, 18, 25 from 7:00-8:30pm

### FAMILY SNOWSHOEING

Ball Park

March 2, 9, 23, 30 from 4:15-5:00pm

### BASKETBALL

High School Gym

March 3, 10, 24, 31 from 6:00-8:00pm

## DIABETES PROGRAMMING

### DIABETES CAFÉ

Daystar

January 6 at 10:00am

February 3, 24 at 10:00am

March 2, 23 at 10:00am

### TESTING TUESDAY

Wikwemikong Health Centre Lobby

January 7 at 10:00am

February 4, 18 at 10:00am

March 3, 24 at 10:00am

### NUTRITION BINGO

Wikwemikong Arena

January 8 at 6:30pm

February 5 at 6:30pm

March 4 at 6:30pm

### LET'S GET COOKING

Wikwemikong Arena

January 13 at 6:00pm

February 24 at 6:00pm

March 10 at 6:00pm

### BEADING NIGHT

Wikwemikong Health Centre

January 15, 29 at 5:30pm

February 12, 26 at 5:30pm

March 11, 25 at 5:30pm

### LOW BLOOD SUGAR PRESENTATION

Rainbow Ridge Golf Course

January 6 at 6:00pm

## COOKING PREP CLASS

Daystar

January 14 at 10:00am

## LEATHER ROSE MAKING

Wikwemikong Health Centre Lobby (must pre-register)

January 27 at 6:00pm

## MEAL PREPPING

Daystar

January 28 at 10:00am

## GROCERY TOUR

Andy's (must pre-register)

February 6 at 10:00am and 2:00pm

## DINING IN THE DARK

Rainbow Ridge Golf Course

February 10 at 6:00pm

## JAM MAKING

Wikwemikong Arena

February 25 at 12:00pm

## KIDNEY PRESENTATION

Rainbow Ridge Golf Course

March 9 at 6:00pm

## HEALTH & WELLNESS

### MAMMOGRAM VAN

Wikwemikong Health Centre Front Lobby

Must call to book an appointment

January 28 from 9:30am-4:00pm

February 25 from 9:30am-4:00pm

March 31 from 9:30am-4:00pm

### SMOKING CESSATION WORKSHOPS

Rainbow Ridge Golf Course

January 7 from 10:00am-2:00pm

February 4 from 10:00am-2:00pm

March 3 from 10:00am-2:00pm

### QUIT CAFÉ

Wikwemikong Health Centre Resource Room

January 7, 14, 21, 28 from 4:30-7:30pm

February 4, 11 from 4:30-7:30pm

### CERVICAL CANCER AWARENESS – AN EVENING ON SELF CARE

Wikwemikong Health Centre Front Lobby

January 16, 20 from 4:00-8:00pm

### ALZHEIMER AWARENESS EVENT – LUNCH AND LEARN

Amikook Senior Centre

January 17 from 10:00am-1:00pm

### WORLD CANCER EVENT – LUNCH AND LEARN

Daystar

February 3 from 11:00am – 2:00pm

### KEEP CALM AND FIGHT ON – CANCER SUPPORT GROUP

Wikwemikong Health Centre Front Lobby

February 5, 12, 26 from 5:00-7:00pm

### HEART AND STROKE AWARENESS – VALENTINES EVENT

Rainbow Ridge Golf Course

February 14 from 4:00-8:00pm

### COLON CANCER AWARENESS – LUNCH AND LEARN

Daystar

March 2 from 10:00am-1:00pm

### LEARN ABOUT SLEEP APNEA

Rainbow Ridge Golf Course

March 5 from 6:00-8:00pm

### INTERNATIONAL WOMEN'S DAY – PAINT NIGHT

Rainbow Ridge Golf Course

March 8 from 4:00-8:00pm

### LIVER HEALTH EVENT

Daystar

March 12 from 9:00am-3:00pm

### WORLD WATER DAY

Wikwemikong Arena

March 22 from 9:00am-3:00pm

### WORLD TB DAY – LUNCH AND LEARN

Wikwemikong Health Centre Front Lobby

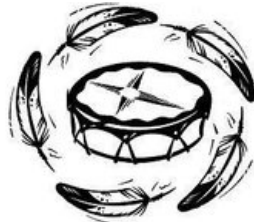
March 24 from 10:00am – 1:00pm

### MEN'S STEAK NIGHT

Rainbow Ridge Golf Course

March 26 from 4:00-9:00pm





**DAYSTAR COMMUNITY CENTRE**  
**2495 Wiikwemkoong Way**  
**Wiikwemkoong, Ontario P0P 2J0**  
**Phone Number(s): 705.859.2640**  
**Fax Number(s): 705.859.3440**

**Website(s):**

www.daystarnativeoutreach.com

**Social Media Sites**

DayStar Native Christian Outreach.

**Main Contact Persons:**

Shirley Hamilton, Director  
 Office: 705-859-2640; Mobile: 705-968-0238  
 Cheryl Lynn Peltier, Assistant, Office: 705-859-2640

Serving Wiikwemkoong for 22 years, the DayStar Community Center provides a happy, safe, healthy and loving environment for community members. There is something for everyone: social interaction, strengthening for individuals and families, and healthy relationships along with offered encouragement and hope.

**CHILDREN & YOUTH PROGRAMS**

**AFTER SCHOOL DROP-IN**

Mondays and Tuesdays after school till 4:30 p.m. Transportation available from Junior School.  
 For Grades 2 – 5; Weekly from January 6 – to March 10, 2020

**XPLOERS**

Wednesday after school till 4:30 p.m.  
 1st Wednesday of month is till 5 p.m. Outing Day  
 For Grades 6 – 8, January 8 till March, 11, 2020

**IGNITE FOR TEENS**

Friday night 6:30 p.m. – 9 p.m. or as announced  
 For High Schoolers; Weekly from January 10 – Till June 2020

**MARCH BREAK FUN DAY, All Day March 17, 2020**

**WOMEN’S PROGRAMS**

**LADIES’ MORNING BREAK**

Tuesday mornings weekly, 9:30 a.m. – 11:30 a.m., Potluck first Tuesday of month  
 Childcare available, transportation available within the village  
 Weekly January 7, 2020, None in March Break

**CAREGIVERS (FOR THOSE CARING FOR CHILDREN/ TOTS 0 – 6**

Wednesday mornings weekly 9:30 a.m. – 11:30 a.m.  
 Childcare available, transportation available within village  
 Weekly January 8, 2020 – Till June, None in March Break

**LADIES’ NIGHT OUT**

1st Thursday of the month  
 DayStar Center 7 p.m.– 9 p.m.  
 February 6, 2020; March 5, 2020

**MENS PROGRAMS**

**MEN’S BI-WEEKLY BREAKFAST**

Saturday Mornings 9 a.m. – 10:30 a.m.  
 January 11, 2020 Bi-weekly till March 7, 2020

**MEN’S LUNCH**

Wednesdays at 12 Noon, Weekly  
 January 8, 2020, Till June 2020

**ELDERS’ GATHERING**

**ELDERS’ GATHERING**

January 16, 2020 1:30 p.m. – 3 p.m.  
 February 21, 2020 1:30 p.m.– 3 p.m.



**Daystar Staff wishes all Wiikwemkoong Community Members a happy and healthy New Year.**





**DEBAJEHMUJIG  
STORYTELLERS**  
8 Debajehmujig Lane  
Wiikwemkoong, Ontario  
POP 2J0  
(705) 859-1820/2317

Website(s): [www.debaj.ca](http://www.debaj.ca)

**Social Media Sites**

<https://www.facebook.com/DebajehmujigStorytellers/>

Debajehmujig Storytellers is a multi-arts company that strives to engage people of all ages, backgrounds, and walks of life in arts events that build skills and strengthen our community. We also create original work based on an Anishnaabe worldview that builds bridges between cultures, generations, and territories.

**BEHIND THE MASK OF RECONCILIATION –  
LAUREN SATOK ART EXHIBITION**

Debajehmujig Creation Centre, 43 Queen Street,  
Manitowaning  
Monday, January 13, 2019, 6:00pm

**MUSICAL INSTRUMENT CLINIC & COFFEE HOUSE**  
Debajehmujig Creation Centre, 43 Queen Street, Mani-  
towaning

Thursday, January 16, 2019, 6:00pm

**TRADITIONAL TEACHINGS**

Debajehmujig Creation Centre, 43 Queen Street, Mani-  
towaning  
Monday, January 20, 2019, 5:00pm

**FLINT AND FLORA CLOTHING UPCYCLE WORKSHOP**  
Debajehmujig Creation Centre, 43 Queen Street, Mani-  
towaning

Thursday, January 23, 2019, 5:00pm

**ISSAC MURDOCH – THE TRAIL OF NENABOOZHOO  
AND OTHER CREATION STORIES**

Debajehmujig Creation Centre, 43 Queen Street, Mani-

towaning  
Wednesday, February 19, 2019, 5:00pm

**SEED SWAP**

Debajehmujig Creation Centre, 43 Queen Street, Mani-  
towaning  
Saturday, February 15, 2019, 1:00pm

**SPRING REPAIR CLINIC – FOCUS TBA**

Debajehmujig Creation Centre, 43 Queen Street, Mani-  
towaning  
Wednesday, March 18, 2019, 5:00pm



**HOME CARE - AMIKOOK**

P.O. Box 101, 16B Complex Drive  
Wikwemikong, Ontario  
POP 2J0  
(705) 859-3098  
(705) 859-2194

**Website(s):** [www.wikyhealth.ca](http://www.wikyhealth.ca)

**Main Contact Persons:**

Yvette Corbiere, Long Term Care/Home Community Care  
Manager, 705-859-3098. Ext. 221  
Bernadette Peltier, Amikook Adult Day Worker, (705) 859-  
2194

The WIKWEMKOONG Home Care Program mission is to deliver culturally appropriate wholistic community based short and long term optimal in-home and/or community care services to community members of any age who have been assessed. Services include Nursing, Personal support, Occupational Therapy, Physio Therapy, Helpline, Meals on Wheels, Adult day, Generic Transportation and Home Maintenance.

Some services have specific age requirements, formal assessments and user fees. In addition, the home care program also works alongside the Noojmowin-Teg Health Centre's aging at home navigator, home visiting physician, geriatric social worker, aging at home van, dietician, diabetes program, respite care and assistive living. Other external links include Behavioral Supports On (BSO), Senior Mental Health, Vic-

toria Order of Nurses (VON), NELHIN Home and community care (formally CCAC ) for Speech and Language and Nurse Practitioner Palliative Care. If you require any more information on any of the services offered, please call 705 859 3098.

#### Adult Day Program

Adult Day Program will enable elders who are physically and or cognitive disability in Wikwemikong to continue to live in their own homes by providing supportive group programs and activities in the community and their own homes. To promote healthy elder, family and community environments can thrive through culturally appropriate community-based programs. To support the complete physical, emotional, spiritual and mental well-being of the elder through implementation of prevention and education services. The adult day program provides social activities, and friendly visits for the elders.

#### STATUTORY HOLIDAYS

Amikook Closed

January 1, 2, 3 2020

FAMILY DAY

Amikook Closed

FEBRUARY 17, 2020

#### SPIRITUAL/ RELIGIOUS

MASS-held first Friday of each month

Amikook Senior Centre

January 10, 2020 @ 10am

February 7, 2020 @ 10am

March 6, 2020 @ 10am

#### MORNING SMUDGE

Mondays January 6, 13, 20, & 27 @ 8:30am

Mondays February 3, 10, 17, & 24 @8:30am

Mondays March 2, 9, 16, 23 & 30 @8:30am

#### ANISHINABEMOWIN LANGUAGE INITIATIVES

LANGUAGE CLASS WITH THE W.H.O.

Amikook Senior Centre

January 7, 2020 @ 10am-12pm

February 4, 2020 @ 10am-12pm

March 3, 2020 @ 10am-12pm

SURNAMES WITH THE W.H.O.

Amikook Senior Centre

January 14, 20120 @ 10am-3pm

February 11, 2020 @10am- 3pm

March 10, 2020 @10am- 3pm

LANGUAGE GATHERING WITH THE W.H.O.

Amikook Senior Centre

January 21, 2020 @10am- 3pm

February 18, 2020 @10am- 3pm

March 17, 2020 @10am- 3pm

#### LEARNING AND AWARENESS

MINDS IN MOTION

Thursdays January 9, 16, 23, & 30 2020 @ 10am-12 pm

Thursdays February 6, 13, 20, & 27 2020 @ 10am-12pm

Thursdays March 5, 12, 19, & 26 2020 @ 10 am -12pm

LIBRARY TIME FOR SENIORS

Wiikwemikoong Public Library

January TBA @ 1pm

February TBA @ 1pm

March TBA @ 1pm

#### FITNESS

EXERCISE FOR SENIORS

Amikook Senior Centre

January 6, 8, 10, 13, 15, 17, 20, 22, 27, 29, 31 @ 9am

February 3, 5, 7, 10, 12, 14, 17, 19, 21, 24, 26, 28 @ 9am

March 2, 4, 6, 9, 11, 13, 16, 18, 20, 23, 25, 27, 30 @ 9am

#### ARTS & CRAFTS

ARTS & CRAFTS-GENERAL

Amikook Senior Centre

January 9, 13, 16, 20, 27, 30 @ 10am

February 3, 6, 10, 13, 24, 27 @ 10am

March 2, 9, 12, 16, 19, 23, 30, 31 @ 10am

QUILTING

Amikook Senior Centre

January 9, 10, 16, 17, 23, 24, 30, 31 All Day

February 6, 7, 13, 14, 20, 21, 27, 28 All Day

March 5, 6, 12, 13, 19, 20, 26, 27 All Day

SEWING PROJECTS

- Let's Getter Done

January 9, 16, 30, 31 @ 1pm

February 3, 6, 13, @ 1pm

March 9, 12, 19 @ 1pm

SCRAPBOOKING

January 8, 10, 22 @ 10am-2pm

February 12, 21, 26 @ 1pm

March 2, 4, 16, 18 @ 1pm

#### FUN ACTIVITIES

## AFTERNOON MOVIE

January 15, 24 @ 1pm  
February 5, 19 @ 1pm  
March 11, 25 @ 1pm

## BIRTHDAY SOCIAL

January 23, 2020 @ 1pm  
February 20, 2020 @ 1pm  
March 24, 2020 @ 1pm

## CRAFT BAZAAR Table Available \$10.00

**February 9 @ 10am-4pm**

### COFFEE HOUSE

Amikook Senior Centre  
January 14, 2020 @ 5-7pm  
February 4, 2020 @ 5-7pm  
March 5, 2020 @ 5-7pm

## CONNECTING WITH BARBARA

January TBA, 2020 @10am  
February TBA, 2020 @ 10am  
March TBA, 2020 @10am

## GAMES & PUZZLES

January 9, 17, 24 2020 @ 1pm  
February 7, 28 2020 @1pm  
March 6, 9, 20, 23, 26, 27 2020 @ 1pm

## LET'S BAKE

January 28, 2020 @ 10am  
February 25, 2020 @1pm  
March 31, 2020 @1pm

## FOOD BINGO

January 6, 13, 20, 27 @ 1pm  
February 24 @ 1pm  
March 30 @ 1pm

## PRIZE BINGO-last Thursday of the month

Door open 6pm  
January 28 @ 7pm  
February 25 @ 7pm  
March 31 @ 7pm

## FOOD, MEAL SOCIALS

### SOUP DEALS for \$5.00

January 7, 2020 @ 11am  
February 11, 2020 @ 11am  
March 3, 2020 @ 11am

Valentine Brunch

February 14, 2020 @ 10am

### Breakfast

February 8, 27 2020 @ 10am

### Elders Pancake Breakfast

February 27, 2020 @ 10am

### St. Paddy Day Social

March 13, 2020 @1pm

## OTHER HEALTH INITIATIVE(S)

### V.O.N.

Every Wednesdays 10am-12pm

## GENERIC TRANSPORTATION

Hours: 8:30am -3:30pm  
Contact Person: Gail Aanimikwaan  
705-859-2194

## MEALS ON WHEELS

Mondays, Wednesdays & Fridays  
Meals On Wheels Cook/Adult Day Assistant: Brandy Peltier  
Meals On Wheels Casual Cook: Rosemary Pangowish  
Assistant Cook/ Adult Day Assistant/ Secondary Driver:  
Josie Enosse  
Volunteer Kitchen Help: Casey Odjig



'MINAAWSANG' (AS WE PARENT)  
CHILDREN'S SERVICES PROGRAM

79 Peltier's Trail  
Wikwemikong, Ontario  
P0P2J0  
705-859-1262  
Mobile: 705-348-1943

Website(s): [wikyhealth.ca](http://wikyhealth.ca)

### Social Media Sites

Facebook: <https://www.facebook.com/wikyhealth>  
Twitter: <https://twitter.com/WikyHealth?lang=en>  
Youtube: WHC Youtube

### Main Contact Persons:

Judy Black, RN, Ext. 200, Manager  
Amanda Mishibinijima, Ext. 204, CPNP/FASD Worker  
Anna Kaboni, Ext. 203, HBHC Worker  
Daphne Corbiere, Ext. 202, MCH Worker

The Children's Services Program focuses on providing support services and programming to pregnant women, families (mom, dads, primary caregivers) and their children 0-6 years of age. The program supports Anishinaabe approaches and knowledge with Elder and First Nation community supports and partners.

Prenatal, postnatal, and neo-natal care is available to all band members living in Wikwemikong, to meet their health care needs. Prenatal care is offered weekly.

CPNP/FASD: To help support healthy nutrition of prenatal clients; and to provide education with a holistic approach for healthy development of infant pre and post-natal. Also, to educate community and prenatal clients on FASD with the intent to prevent FASD in our community.

MCH: Offer one-on-one support and early interventions to promote healthy child and family development to parents and caregivers. Deliver informational programs to families and their children like; nutrition, physical health, child development, dental information, etc. Offer one-on-one support through home and office visiting. Also provide programs for fathers and promote their important role within the family.

HBHC: To help children get a healthy start in life. The program does this by helping parents and children up to age six and their families through home visiting and programming.

### FAMILY

GOOD FOOD BOX KITCHEN (in collaboration with Noojmowin-Teg)

79 Peltier's Trail

Thursday February 20, 11:00 – 2:00 pm

Wednesday March 18, 11:00 – 2:00 pm



SING, LAUGH, PLAY (in collaboration with Prevention Services & Hub Centre)

Wikwemikong Hub Centre

Monday January 13, 20, 27, 6:00 – 7:00 pm

Monday February 3, 10, 24, 6:00 – 7:00 pm

Monday March 2, 9, 23, 30

### PARENTS

CIRCLE OF SECURITY (8 week program)

79 Peltier's Trail

Wednesday January 8, 15, 22, 29, 11:30 am - 2:00 pm

Wednesday February 5, 12, 19, 26, 11:30 am – 2:00 pm

### PARENT & BABY

BABY FOOD MAKING

79 Peltier's Trail

Monday January 13, 10:00 am – 12:00 pm Tentative

BABY WEIGH IN

79 Peltier's Trail

Every Thursday, 1:00 – 3:00 pm

\*\*Call the Health Centre 705-859-3164 for transportation\*\*

INFANT MASSAGE

79 Peltier's Trail

Tuesday January 21, 1:00 - 3:00pm

Tuesday March 24, 1:00 – 3:00 pm

### PRENATAL

PRENATAL CLASSES

79 Peltier's Trail

Wednesday January 22, 5:30 – 7:30 pm

Wednesday January 29, 6:30 – 8:30 pm

Wednesday February 5, 12, 19, 6:30 - 8:30 pm

### MOM'S PROGRAMS

MAMA BEAR CLUB (Children included)

79 Peltier's Trail

Thursday January 9, 10:30 – 1:30 pm

Thursday February 13, 10:30 am – 1:30 pm

Thursday March 12, 10:30 am – 1:30 pm



**NADMADWIN MENTAL HEALTH CLINIC**

**16A Complex Drive  
Wikwemikong, Ontario  
POP 2J0  
(705) 859-2330**

**Website(s):** [wikyhealth.ca](http://wikyhealth.ca)

**Social Media Sites**

Facebook: <https://www.facebook.com/wikyhealth>  
Twitter: <https://twitter.com/WikyHealth?lang=en>  
Youtube: Youtube

Nadmadwin Mental Health Clinic provides various types of services which include one-on-one counselling, couples counselling, family counselling, and group work. A psychiatrist also comes once a month to meet with clients at Nadmadwin Mental Health Clinic. Nadmadwin Mental Health Clinic provides many programs and training which include meditation, anger management, Seeking Safety, Mental Health First Aid, Applied Suicide Intervention Skills Training (ASIST), stress just to name a few.

**'Seeking Safety' Program**

Seeking Safety is a present-focused, coping skills therapy to help people attain safety from trauma and/or substance abuse. This therapy covers a variety of topics that participants learn about in a safe, honest environment. Seeking Safety works for anyone who is ready to look at their trauma and addictions in a truthful, sincere way to heal and move forward in their life.

Nadmadwin Mental Health Clinic has hosted many Seeking Safety groups, we as facilitators are truly amazed at the hard work, and dedication participants have demonstrated in addressing their trauma and addictions. Seeking Safety works for those who put the time and effort into their healing. We are honoured to be a part of the participants' journey into healing and we are very proud of all who attend on a weekly basis.

Nadmadwin Mental Health Clinic will be hosting another Seeking Safety group geared for our male population beginning January 30, 2020. Please call Cody Wassengeso at 705-859-2330 extension 246 to sign up. Men Matter Too! Also, a reminder to community members Nadmadwin Mental Health Clinic accepts walk ins if people are in crisis – they can be seen the same day by a clinician. Take care of your mental health and your overall Wellness.



**NGWAAGAN GAMIG RECOVERY CENTRE INC. (RAINBOW LODGE)**

**P.O. Box 81, 56 Pitawanakwat Street  
Wikwemikong, Ontario  
POP 2J0  
(705) 859-2324  
Toll Free: 1-877-649-2242**

**Website:** [www.ngwaagan.ca](http://www.ngwaagan.ca)

**Social Media Site:** Facebook: [ngwaagan.gamig](https://www.facebook.com/ngwaagan.gamig)

Rainbow Lodge began operations in 1976 as an alcohol treatment centre. In 1992, Rainbow Lodge incorporated as Ngwaagan Gamig Recovery Centre Inc. and currently provides addictions treatment programming and community-based addictions services.

Each cycle of the residential and day-patient treatment program is 4 weeks in length. Outpatient services on a weekly basis are also available to those unable to attend the full 4-week program. The treatment services are accessible by applicants of First Nations ancestry following a screening, assessment and acceptance process into the program. The community-based addictions program coordinates a number of services including alcohol and drug education/awareness, individual counseling, assessments, detox referrals, community educational sessions, school programming, and services promoting addictions-free living.

**ALWAYS SPECIAL ANNOUNCEMENT – ENHANCED SERVICES**

We have additional services scheduled. Integrated mental health/addictions and counselling services are available for victims of violence and past trauma. A counsellor will be assigned to work with you and coordinate appointments with a visiting provider. At present we have Richard Assinewai, providing traditional services and Grace Debassige providing mental health supports on an individual appointment basis to community members. We will ask that you conduct an intake session with one of our counsellors to complete the necessary and meaningful assessments used to provide feedback and assist with service planning and prog-

ress reviews. Call us at 705-859-2324 to book a time during either of their next visits.

## NEW SERVICES

Individual counselling with a mental health provider and/or community-based counsellor.

Cultural supports/ie time with elders or traditional knowledge keepers will be available for community members (*certain days to be scheduled*).

Watch for postings or visit our facebook page: ngwaagan gamig

New Group programming – Character strengths groups are under way - a wonderful way to gain insights on our strengths and applying them daily. Use of character strengths helps increase mental being; helps with living intentionally and meaningfully.

January 3 to 21, 2020 – Call Brenda at 705-859-2324

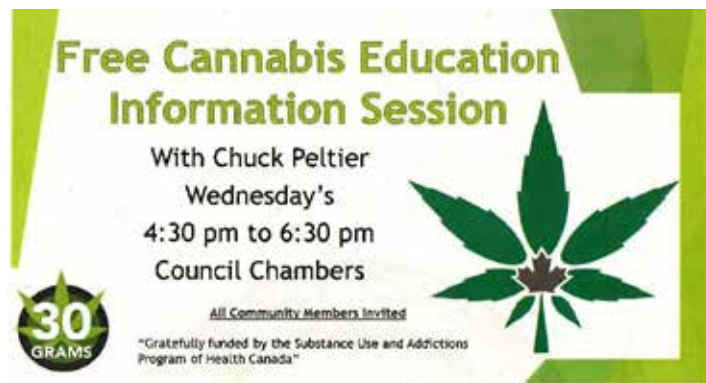
Various other types of wellness groups to be confirmed.

Please watch for postings

## CANNABIS EDUCATION

Much Gratitude to Health Canada-Substance Abuse & Addictions Program, for supporting funding for Cannabis Education.

Community Education presentations on cannabis and risks associated with misuse and abuse of cannabis are scheduled.



The poster features a green and white color scheme with a large green cannabis leaf on the right. The text is centered and includes the following details:

- Free Cannabis Education Information Session**
- With Chuck Peltier
- Wednesday's
- 4:30 pm to 6:30 pm
- Council Chambers
- All Community Members Invited
- \*Gratefully funded by the Substance Use and Addictions Program of Health Canada\*

In the bottom left corner, there is a circular logo with the number '30' and the word 'GRAMS' below it.

- Wednesday, January 15, 2020 from 4:30pm to 6:30pm @ Council Chambers
- Wednesday, January 29, 2020 from 4:30pm to 6:30pm @ Council Chambers
- Wednesday, February 12, 2020 from 4:30pm to 6:30pm @ Council Chambers
- Wednesday, February 26, 2020 from 4:30pm to 6:30pm @ Council Chambers
- Wednesday, March 11, 2020 from 4:30pm to 6:30pm @ Council Chambers
- Wednesday, March 25, 2020 from 4:30pm to 6:30pm @ Council Chambers

Call Chuck at 705-859-2324, if you would like to schedule additional educational presentations.

Additionally, counsellors are available to provide supports for individuals wishing to reduce the harms associated with abusing or misusing cannabis. We also have a structured Individual Outpatient Treatment Program (8-10 sessions) available.

## ADDICTIONS TREATMENT PROGRAM (4 WEEKS)

Residential and Day Patient Programming

A Complete application package, including the Adult Intake Referral Form, the Pre-Admission Medical, and the two assessments are required for review and screening prior to any admission into the either of the treatment programs.

The 4-week Treatment Program Admission Dates:

-January 6, 2020

-February 10, 2020

Gambling Treatment Program

-March 16-19, 2020

## SELF-HELP GROUPS

Sundays at 8 pm – Alcohol Anonymous Group at Ngwaagan Gamig Recovery Centre (NGRC), Rainbow Lodge

Tuesdays 8 pm – Alcoholics Anonymous group at NGRC

## COMMUNITY EDUCATION SESSIONS

Mondays 7 pm – (*scheduled along with treatment cycles - call 705-859-2324 to confirm dates*)

Community education sessions include awareness about the effects of Marijuana & Tobacco, Prescription Drugs, Alcohol, & Crack Cocaine and sessions on Responsible Gambling

## SUPPORT GROUPS

Thursdays 7 pm – Support Circle held at the Medicine Lodge (Wikwemikong Health Centre)

## INDIVIDUAL SERVICES are AVAILABLE

For individual counselling, Support services, pre-treatment services, referrals, aftercare services, please contact us at 705-859-2324.



**AASGAABWITWINDWAA BINOJIIHIK**  
**WIIN NI GSHKIWEWZIWAAT**  
"Supporting our Children as They  
Continue Towards the Future"  
(Formerly School Health Support Services)  
**11A Debajehmujig Lane**  
**Wikwemikong, Ontario**  
**POP 2J0**  
**(705) 859-2592**  
**Confidential Fax Number: (705) 859-3552**

**Website:** [www.wikyhealth.ca](http://www.wikyhealth.ca)

**Contacts:**

Jocelyn Bebamikawe: Manager  
Administrative Support: Sheri Mishibiniijima  
Care Coordinators: Cate Pitawanakwat, Katarina Djeletovic  
Mike Wabano, Karen Recollet  
Occupational Therapy Assistants: Mary Mishibiniijima,  
Tasha Richards  
Physiotherapists Assistant: Aissa Diaz  
Communicative Disorders Assistants: Rebecca Mende,  
Tanya Friskey, Susan Croteau, Connie Wiseman  
Behaviour Intervention Staff: David Brutto,  
Michelle Felhaber, Candice Jacko

Aasgaabwitwindwaa Binoojiihik was developed in response to an obvious and critical need for access to specialized services for children with exceptionalities living and receiving education on-reserve. Prior to program development there was a major gap in services for First Nation children who required specialized support services. Aasgaabwitwindwaa Binoojiihik is funded through Jordan's Principle which means there is no financial burden for families; all services are delivered within the community.

**Services Offered:**

- Physiotherapy
- Occupational Therapy
- Speech & Language Services
- Behaviour Intervention
- Child/Adolescent Psychiatry
- Psycho-Educational Assessments
- Complex Case Management



**WAASA NAABIN**  
**COMMUNITY YOUTH SERVICES**  
**CENTRE**  
**11A Debajehmujig Lane**  
**Wikwemikong, Ontario**  
**POP 2J0**  
**(705) 859-3597**  
**Fax: (705) 859-3300**

**Website:** [www.wikyhealth.ca](http://www.wikyhealth.ca)

**Social Media Sites:** Facebook: Youth Centre

**Main Contact Person:**

Lawrence Enosse, Brighter Futures Manager  
[lawrencee@wikyhealth.ca](mailto:lawrencee@wikyhealth.ca)

**JANUARY**

HIGH SCHOOL SPONGE PUCK HOCKEY  
Mondays. 3:30pm- 5pm

HIGH SCHOOL CO-ED OPEN GYM  
Tuesdays. 6:30pm- 8:30pm (13 Years Plus)

TEEN ZONE  
Wednesdays. 6pm- 8pm, 13 Years Plus

SNOW SHOEING  
Thursdays, 4pm - 8pm, 13 Years Plus

OPEN GYM  
Thursdays, 6:30pm - 8:30pm, 13 Years Plus  
YOUTH COOKING CLASS  
January 9

HEALTH PROMOTIONS WORKSHOP  
January 23

SLIDING PARTY  
January 30

**FEBRUARY**

SLIDING AND HOT CHOCOLATE  
Mondays, 6:30pm - 7:30pm, 13 Years Plus

**OPEN GYM**

Tuesdays, 6:30pm – 8:30pm, 13 Years Plus

**TEEN ZONE**

Wednesdays, 6pm – 8pm, 13 Years Plus

**SNOW SHOEING**

Thursdays, 4pm - 6pm, 13 Years Plus

**OPEN GYM**

Thursdays. 6:30pm - 8:30pm, 13 Years Plus

**YOUTH COOKING CLASS**

February 7

**BIRTHDAY SOCIAL**

February 20

**MARCH**

**MAJOR GAMING AND MOVIES**

Mondays, 6:30pm – 8pm, 13 Years Plus

**OPEN GYM**

Tuesdays, 7:30pm – 8:30pm, 13 Years Plus

**WEIGHT ROOM**

Tuesdays, 6pm – 7:30pm, High School and older Co-Ed

**TEEN ZONE**

Wednesdays, 6pm – 8pm, 13 Years Plus

**OPEN GYM**

Thursdays. 7:30pm – 8:30pm, 13 Years Plus

**WEIGHT ROOM**

Thursdays. 6pm – 7:30pm, High School and older Co-Ed

**MAPLE SUGAR CAMP**

March 26-28

**ST. PATRICK'S DAY CRAFTS**

March 12



**WIKWEMIKONG BOARD OF EDUCATION**

34 Henry Street  
Wikwemikong, Ontario  
P0P 2J0  
705-859-3834  
Fax: 705-859-3787

**Website:** [www.wbe-education.ca](http://www.wbe-education.ca)

**WIKWEMIKONG BOARD OF EDUCATION  
EVENTS AND SPECIAL DAYS**

**WIKWEMIKONG HUB CENTRE**

January 21, 2020 – Winter Fun Day  
February 18, 2020 – Skating Party  
March 24, 2020 – Mini Pow Wow Social

**WIKWEMIKONG JUNIOR SCHOOL**

January 6, 2020 - School Resumes  
January 8, 2020 – 2:00 pm Early Dismissal  
January 10, 2020- Spirit Day (Crazy Socks Day)  
January 17, 2020 – Spirit Day (Neon Colors Day)  
January 27-31- Literacy Week



February 1, 2020 – Spirit Day (Super Hero Day)  
 February 5, 2020 - 2:00 P.M. Early Dismissal  
 February 6, 2020 – Parent Council Meeting  
 February 13, 2020 – Student/Parent Teacher Conferences  
*(Report Card pick up 3:00 pm- 6:00 pm)*  
 February 14, 2020 – Spirit Day (Wear Red/Hearts Day)  
 February 17, 2020 – Family Day – No School  
 February 27, 2020 - Spirit Day (Pink Shirt Day)  
 March 4, 2020 - 2:00 P.M. Early Dismissal  
 March 6, 2020- Culture Day  
 March 13, 2020 – Spirit Day (Wear Favorite Team Jersey Day)  
 March 16-20, 2020 – MARCH BREAK  
 March 23, 2020 – School Resumes

#### WIKWEMIKONG PONTIAC SCHOOL

January 6, 2020 – School Resumes  
 January 8, 2020 – Early Dismissal  
 January 10, 2020 – Spirit Day (Decades Day)  
 January 27-31, 2020 – Literacy Week  
 January 31, 2020 – Winter Carnival  
 February 3, 2020 – Awards Assembly  
 February 5, 2020 – Early Dismissal (2PM)  
 February 13, 2020 – Parents Night (Report Cards) 3pm-6pm  
 February 14, 2020-Valentines Day Tea/Spirit Day (Wear Red Day)  
**February 17, 2020 – FAMILY DAY (NO SCHOOL)**  
 February 28, 2020 – Spirit Day (Random Acts of Kindness Day)  
 March 2, 2020 – Awards Assembly  
 March 4, 2020 – Early Dismissal (2PM)  
 March 6, 2020 – Culture Day  
 March 13, 2020 – Spirit Day (Jersey Day)  
 March 16-20, 2020 – MARCH BREAK  
 March 22, 2020 – World Water Day  
 March 23, 2020 – School Resumes  
 March 27, 2020 – Spirit Day (Sunglasses Day)  
 March 31, 2020 – Language Day

#### WIKWEMIKONG HIGHSCHOOL

January 13 – 14, 2020 Grade 9 Assessment of Mathematics  
 January 15, 2020 Ontario Universities' Application  
 Centre Deadline  
 January 16 – 20, 2020 Semester 1 Final Exams  
**Semester 2**  
 January 23, 2020 Semester 2 Start  
 January 27 – 31, 2020 Literacy Week  
 February 1, 2020 Equal Consideration Deadline for  
 College Applications  
 February 17, 2020 Family Day Holiday  
 March 4, 2020 Progress Reports  
 March 11, 2020 Parent Teacher Night (4-6)  
 March 6, 2020 Board-wide Cultural Day  
**March 16 – 20, 2020 MARCH BREAK**  
 March 22, 2020 World Water Day  
 March 31, 2020 Grade 10 Ontario Secondary School  
 Literacy Test

*The Wikwemikong Board of Education would like to remind the community that a calendar of school events can be found on our website; [wbe-education.ca](http://wbe-education.ca).*

### WBE STAFF DIRECTORY

#### ADMINISTRATION

Fay Zoccole	229 Education Director
Marlene Kimewon	222 Executive Admin Assistant
Maureen Aiabens	226 Senior Business Official
Mick Staruck	240 Systems Principal
Linda Dokum	225 Finance Officer
Martha Wabegijig	224 Payroll/Finance Officer
Sonya Morningstar	236 Human Resources
Sydney Barnsdale	242 Finance Officer
Natalie Shawana	241 Finance Manager
Josie Tober	234 IT Supervisor
Raymond Madahbee	Support Tech/ 230 H.S
Christopher Aiabens	Support Tech/ Pontiac
Dwayne Animikwan	239 Communications
Clint Morris	238 Transportation Manager
<b>Transportation Direct (705) 859-2233</b>	
Tim Pangowish	235 Head Maintenance
	251 Conference Unit

#### WIKWEMIKONG HIGH SCHOOL

(705) 859-2870	FAX (705) 859-2407
Maureen Peltier	223 Principal
Cheryl Peltier	239 Secretary
Patricia Manitowabi	224 Data Entry
Erika Kaboni	242 Co-op Education
Jillian Peltier	227 Guidance Counsellor
Patrick Peltier	225 Maintenance/ 859-1917
	226 Counsellor/ Nurse Office
	241 OSR File Room
	228 Staff Room

#### WIKWEMIKOONG ANISHINAABEMOWIN KINOOMAAGEWIN

(705)859-2094	FAX (705) 859-2400
Sandra Peltier	Program Manager
Jason Pangowish	Graphic Designer
Kelsey Dowdall	Graphic Designer
Darlene Peltier	Illustrator
Elliot Simon	

**POST-SECONDARY STUDENT SUPPORT SER.**

(705) 859-2010 FAX (705) 859-2888

**Toll Free 1-866-832-9464**

Rona George 227 Lead PS Nav./ Manager  
Janet McComb 228 Post-Sec Navigator  
Stacy Jackson 231 Post-Sec Admin Clerk

**HUB CENTRE**

(705) 859-3797 FAX (705) 859-2362

Sarah Assinewe Program Manager  
Glenda Mandamin Admin Assistant

**PONTIAC SCHOOL**

(705) 859-3133 FAX (705) 859-2748

Cheryl Miller-Martin Principal  
Jackie Craig Vice-Principal  
Randy Recollect Admin Assistant  
Peggy Manitowabi Counsellor

**JUNIOR SCHOOL**

(705) 859-3536 FAX (705) 859-2747

Harold Fox Principal  
Nicole Peltier Vice-Principal  
Ramona Peltier Admin Assistant

**ADULT EDUCATION**

(705) 859-2875 FAX (705) 859-2407

Peter Charbonneau Administrator

**WIKWEMKOONG BINOOJIIH GSHKWEWZIWIN**

(705) 859-1865

Cathy Harley Team Leader  
Luanne Stewart Instructional Coach  
Jayne Summers Student Success Teacher  
Teina Pitawanakwat K-3 Literacy Coach  
Rachel Lewis Anishinaabe Cultural Events  
Nimkee Lavall Land Based Learning  
Stephen George Historian / Researcher

**WIKWEMIKONG LIBRARY**

(705) 859-2692

Danielle Mhiingan Librarian

**CONTACT NORTH**

1-855-221-2185



**WIKWEMKOONG  
FIRST NATION ESTATES  
19A Complex Drive  
Wikwemikong, Ontario  
POP 2J0**

**705-859-3122 Ext. 248**

**Toll Free Number: 1-800-880-1406**

**Fax: 705-859-3851**

**Main Contact Person:**

Carol G. Peltier, Estates Trustee, Ext. 248

**VISIT OUR OFFICE FOR INFORMATION ON  
PLANNING YOUR ESTATE AND WRITING A WILL**

**Bizhaan, nga naadimaagemi mzinigankeng**  
(Come in, we will help you to write a will)

**Wiikwemkoong Dbendaaswin Enakiiyaang**  
(What we do)

- Nda naadimaageme mziniganikeng  
(We will assist with the writing of wills)
- Weweni nzagkinaanaa gi mazinigan  
(We provide secure storage of wills)
- Naadimaageme wenaamimad waa miikang gi mazinigan  
(We assist with the appointment of estate administrators)
- Nda nsastamookiime ezhi minzhaandjigaadeg dbendaaswin  
(We explain the process of estate administration)
- Naadimoowaanaa owa bemiikang gi mazinigan

weweni wii zhichiged

(We assist administrators in the performance of their responsibilities)

- Naadimaageme wii ndagkendjigaadeg gidaakiim miinnwaa gidaanwendaaginak (We assist in researching of history of lands, and of families)
- Nga miikaanaa gi mazinigan iishpin gwaya bwaanendang wii nankiid (We will be the administrators of last resort)
- Endaayin gwa ndaazhaame iishpin wii nji nankiiyin odi (We will come to your house if you want to do the paperwork there.)

### **Ezhi naadimaagemigak mziniganikeng**

(What Wills Do)

Gaayii gegoo gdaa zhi mizhakimewzisii zhitooyin maanda mzinigan

(Wills do not hurt you. They will not cause you to have accidents)

Da naadimaagonaa`aa maanda gidikidowin gwonda gda ngododemak ji mina nendimawaad aanii gezhi maatookiiyin

(Wills will help your family. Wills keep peace in your family. A Will is your voice, guiding your family on how you want your belongings to be distributed)

### **Giga naadimaago wenbik wii mziniganikeyin**

(We will help you to draft up your will)



**WIKWEMIKONG  
PUBLIC LIBRARY**

**34 Henry Street**

**Wikwemikong, Ontario**

**P0P 2J0 Phone: 705-859-2692**

**Website(s):** [wikwemikong.olsn.ca](http://wikwemikong.olsn.ca)

**Social Media:** Facebook @ Wikwemikong Public Library Events

### **Main Contact Persons:**

Danielle Mhiingan, Librarian

Clarissa Osawamick, Library Clerk

When was the last time you used your library card? Start your new year off with a visit to the Wikwemikong Public Library! Come and utilize any of our countless free services and dynamic programming. All you need is your library card to borrow our books, DVDs and resources. Don't forget, you can also use your library card to access our catalogue, Tumble Books, and other databases for your recreational reading.

***All programming is held at the Library, unless otherwise advertised***

### **SENIOR'S PROGRAMMING**

#### **LIBRARY TIME WITH THE SENIORS**

Wednesday January 22nd at 1:00PM – 3:00PM

Wednesday February 19th at 1:00PM – 3:00PM

Wednesday March 25th at 1:00PM – 3:00PM

Call Amikook Centre for transportation

### **CHILDREN & YOUTH PROGRAMMING**

#### **CHILDREN'S STORY TIME**

Every Monday starting January 6th at 1:30PM

#### **GAMES NIGHT**

Wednesday January 8th at 6:00PM – 8:00PM

Wednesday February 12th at 6:00PM – 8:00PM

Wednesday March 11th at 6:00PM – 8:00PM

#### **TEEN TAKEOVER**

Wednesday January 15th at 6:00PM – 8:00PM

Monday February 19th at 6:00PM – 8:00PM

Monday March 18th at 6:00PM – 8:00PM

#### **CRAFT NIGHT**

Wednesday January 22nd at 6:00PM – 8:00PM

Wednesday February 26th at 6:00PM – 8:00PM

Wednesday March 25th at 6:00PM – 8:00PM

### **GENERAL PROGRAMMING**

#### **TUESDAY TEA**

Every Tuesday starting January 7th at 2:00PM

#### **DOCUMENTARY MATINEE**

Every Friday starting January 10th at 1:00PM

*(Continued Wiky Library Events on PAGE 21)*

# Restoring Wiikwemkoong Land & Water Systems from 1800-1940 Oil & Gas Exploration



By: Patrick Fox  
*Mide kaaningProject Manager /  
Special Projects, Wiikwemkoong  
Unceded Territory, Lands and  
Natural Resources Department*

Located on the eastern portion of Manitoulin Island, Wiikwemkoong Unceded Territory is working in collaboration with Indian & Oil Gas Canada (IOGC) for the reclamation of legacy oil and gas wells created by various defunct stakeholders such as the Manitoulin Oil Company and the Great Northern Oil Company. The wake of these wells, of which some well heads have now shown signs of leaking, has left petroleum hydrocarbon residues and noxious gases which have entered immediate soils and ground water systems. This has also lead to the subject habitats to environmental degradation. Beginning in 2014, Wiikwemkoong embarked on a journey to restore their lands and water systems from the historic oil & gas exploration work from the late 1800's to the 1940's. Throughout the past 5

years, the Medi Kaaning Orphan Well Abandonment and Site Restoration Project identified wells and pits that required remediation throughout the community lands and band member owned lands of Wiikwemkoong. To date, reclamation work on 23 wells to today's industry standards have been completed to date, with more wells yet to be re-abandoned and others yet to be found.

To the Anishinaabe peoples residing in the community, protecting our traditional lands and waters have always been at the forefront of the purpose behind the project. Ensuring our community members that their water source is not compromised as a result of these legacy wells has been the mission of the project.

Water is recognized as the lifeblood of Mother Earth and from which all plants and beings require to live. With the mounting awareness of water contamination and preservation, to water walks and activism from young leaders like Autumn

Peltier, new Chief Water Commissioner of the Anishinabek Nation. The evidence supporting water and environmental protection has become common dialogue.

With current funding support from IOGC, this project has empowered the community via the Wiikwemkoong Dept. of Lands & Natural Resources to build the capacity through employment opportunities with community members working on this project and for the development of partnerships with industry and environmental companies to ensure that the water and local environment is protected from these legacy well.

The project has now provided the tools and skills necessary for the Department to work with IOGC in implementing an Ontario reclamation strategy for other oil wells on other First Nations in Ontario. Thus ensuring that legacy wells are not forgotten and left to potentially harm the waters and environment in and around the communities of Ontario First Nations.





# Wiikwemkoong... Working Toward Climate Change With Wood Pellet Heating

By: Nikki Manitowabi

Climate change is real and we see it with weather changes, increased variation in temperatures, weather fluctuations, impact on wildlife, people and our environment. Much of climate change is tied to greenhouse gas emissions (GHG), human activity like the use of fossil fuels for heating our homes or driving our vehicles.

Further to the Community Energy Plan and aligned to the community vision of Mino bimaadziwin ka-naag-doonaal, Wiikwemkoong was selected to pilot activities that would contribute to a reduction in GHG emissions - **a project support-**

**ing conversion of fossil fueled appliances to appliances heating with pellets.** Gazillion Miigwetches to former Energy Planner, David Assinewai. Through his expertise, the program has seen the conversion of eight (8) community buildings with boiler appliances, 98 homes with pellet stoves and two (2) homes with pellet furnaces (40 yet to be done).

Concurrently and independently exclusive to this initiative, Wiikwemkoong is working on a pellet manufacturing plant. Inevitably, we will be manufacturing and delivering pellets at some time in the future to our own community.

As with any business start up, the challenges are many: new technology, new maintenance requirements, sourcing quality pellets, preparing for winter, capacity and timing - new learning objectives to add to our routines.

For Enaadmaagehjik, the challenges are primarily working toward having in place the necessary infrastructure to service the new conversions. The community finally received the necessary paperwork to proceed to the infrastructure phase, but now with winter here, we will plan and construct for Spring 2020. In the new light industrial park, there will be two 78 Tonne storage silos which will enable an ample supply of pellets to service the bulk storage requirements for the community buildings and for residences requiring bulk delivery - homes with pellet furnaces and boilers. Local bulk deliveries are made with the new pellet delivery truck - **photo top of page.**



Switching to wood pellet heating results in new employment opportunities, training, and support of regional businesses, therefore contributing to economic development in the north while reducing our impact on the environment.

Capacity development and training in the community included nine (9) individuals for the pellet stoves, four (4) for the pellet furnaces and five (5) with the pellet boilers. In addition to the capacity to install and service stoves, eight (8) members were given the opportunity to take the WETT training (*Wood Energy Technology Transfers*). We have one member with sufficient hours and has passed the exam and is now as a Certified WETT Inspector. We are now recruiting for a pool of casual Pellet Heat Drivers. Once we have higher numbers for residential deliveries, we can offer more hours and eventually have our own pellet fuel delivery distribution centre operating with regular hours. For residences with the pellet stoves requiring bagged pellets, the program can continue to coordinate the bulk delivery

of pallets of pellets. The key is not to wait to the last minute to order as delivery takes a few weeks. We need a minimum to economize a transport full.

In closing, this initiative is projected to create, upon its completion, **displacement of approximately 258,700 litres of fuel oil**, which is **equivalent to a reduction of 704 tonnes of GHG**. The photo on the bottom right, gives visual perspective of the volume equivalent to **1 Tonne of GHG**. This amount can heat a home for four months; or same emissions equivalent to a year's trash from 1 household or driving 4,500 kms. **For further inquiries about the program and furnace switching, contact our office: 705-859-3018 and ask for Jasmine Recollet, Business Intern or R. Nikki Manitowabi, Business Development.**



# Gas Cards Phasing Out January 2020 & Status Card Application Process Update



By: Jean Oshkabewisens

Just a quick overview from the Membership Office of Wiikwemkoong Unceded Territory, Indian Registry/ Band Membership.

We would like to share with all Wiikwemkoong community members, that effective **January 1, 2020, the Ontario Gas Card for First Nation individuals will be discontinued.**

Instead, First Nation individuals **will use their federally issued Certificate of Indian Status (Status Card) to purchase tax exempt gasoline on reserve.**

According to the Ontario Ministry of Finance website, it states;

“You can use the version of the Status Card that you already have in your possession, including the:

- **Laminated Certificate of Indian Status Card with no renewal date**
- **Secure Certificate of Indian Status Card**



## •Temporary Confirmation of Registration Document

The Ministry of Finance also states; “If a tax exemption is not provided, the retailer must give you a sales receipt showing the gasoline tax-charged.

You may use that receipt to apply for a refund from the Ministry of Finance. To request a refund, contact the Ministry of Finance by:

- Phone: 1-866-668-8297
- Email: commodity.tax@ontario.ca”
- Website: [www.Ontario.ca/TaxExemptGas](http://www.Ontario.ca/TaxExemptGas)

## New Secure Status Card Application Process Update

The W.U.T membership office began the application intake process mid-December 2019.

Notices are being sent out to the community by way of bulk mail on the identification requirements, as well as the photo requirements.

Currently, the membership office will continue to issue the paper laminate version of the Certificate of Indian Status Card: *identification documents are needed when applying.*

The only acceptable forms of identification when applying for a paper laminate card, are;

- **Birth Certificate**
- **Canadian Passport**
- **Driver’s Licence**
- **Employee ID Card w/photo**
- **Firearms Licence**
- **Guarantor Form**
- **Indian Status ID Card**
- **Provincial Health Card**
- **Student ID Card**

Ideally, the individual should present two (2) pieces of ID from the list above when applying for a paper-laminate card.

However, if an individual has only one (1) piece of ID, W.U.T Band Membership office staff can sign a guarantor form.

As well, the Band Membership office no longer accepts payment at the office; all applicants must pay at the Accounts Receivable office (where the ATM is located, back of the band office). A receipt will be issued there which can be brought to the membership office as proof of payment, before the status card can be issued.

For more info: contact the Membership office personnel @ 705-859-3122, ext. 301 or 302.

**Wishing everyone a safe and Happy New Year, from Jean & Mabel.**

### COMMUNITY ENGAGEMENT SESSIONS

#### WIKWEMKOONG GIMAAKENG NAAKNIGEWIN

Wiikwemkoong Governance Unit is seeking your participation and feedback on how Wiikwemkoong Anishinaabek want to elect our leadership through the development of the Wiikwemkoong Gimaakeng Naaknigewin (Election Law).



**SNACKS & REFRESHMENTS WILL BE PROVIDED.**

**DOOR PRIZES TO BE WON!!**

January 14, 2020– Kaboni Church  
5:00—8:00 p.m.

January 16, 2020– Buzwah Church  
5:00– 8:00 p.m.

January 21, 2020– Rabbit Island Center  
5:00 –8:00 p.m.

January 23, 2020– South Bay Center  
5:00– 8:00 p.m.

January 28, 2020– Wiikwemkoong Arena  
5:00– 8:00 p.m.

For more information or questions Contact:

Noella Jacko, Governance Unit Manager

705 859-3122, ext. 238

[noellajacko@wiikwemkoong.ca](mailto:noellajacko@wiikwemkoong.ca)

## FAMILY MOVIE NIGHTS

Every Monday starting January 13th at 6:00PM to 8:00PM

## SPECIAL EVENTS

### FAMILY LITERACY DAY

January 27th at 9:00AM – 3:00PM and 6:00PM – 8:00PM

### NATIONAL HOMEMADE SOUP DAY

February 4th at 11:00AM – 12:30PM

### MARCH BREAK EVENTS

Library will be open 8:00AM to 4:00PM throughout March Break

### NATIONAL PANDA DAY! Movie, Crafts & Fun!

March 16th

### ST. PATRICK'S DAY GREEN MILKSHAKES

March 17th at 1:00PM – 4:00PM

### NATIONAL SLOPPY JOE DAY

March 17th at 1:00PM – 4:00PM



## WIKWEMIKONG HERITAGE ORGANIZATION

2370 Wikwemikong Way  
Wikwemikong, Ontario  
P0P 2J0

705-859-2385

Fax: 705-859-2980

**Contact:** Brian Peltier

**Email:** briandpeltier@hotmail.com

## JANUARY INITIATIVES/EVENTS

GIMAA GIIZHIGAT/ENJI WAAWWIZANG - KINGS DAY AND NAMING CEREMONIES CELEBRATION

January 6

Naandwejige Gamig (Wikwemikong Health Centre) Medicine Lodge

8am to 2pm

ANISHINAABMEBTAADIDAA

Every First Tuesday of Every Month

10am-3pm

Amikook Seniors Centre

*Lunch, snack and beverages will be provided – Everyone welcome.*

LAST NAMES/SURNAMES AND CLANS

Second Tuesday of Every Month

10 am - 3 pm

Amikook Seniors Centre

*Lunch, snacks and beverages will be provided – Everyone welcome.*

ANISHINAABEMOWIN MAAWNJIDWIN

Monthly Language Gatherings

Third Tuesday of Every Month

10 am - 3 pm

*Lunch, snacks and beverages will be provided – Everyone welcome.*

## FEBRUARY INITIATIVE/EVENTS

ANISHINAABMEBTAADIDAA

Every First Tuesday of Every Month

10am-3pm

Amikook Seniors Centre

*Lunch, snack and beverages will be provided – Everyone welcome.*

LAST NAMES/SURNAMES AND CLANS

Second Tuesday of Every Month

10 am - 3 pm

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## MARCH INITIATIVES/EVENTS

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Lunch, snacks and beverages will be provided – Everyone welcome.

\*\* MIDEWIN WINTER CEREMONIES \*\*

Dates and Times To Be Determined



### WIIKWEMKOONG ONTARIO WORKS

11 King Street, Wiikwemkoong, Ontario

POP 2J0

705-859-3158, 705-859-3159

Fax Number(s): 705-859-3544

ASI Office: 2098 Wikwemikong Way, Unit I

705-859-3157

Fax Number: 705-859-3127

#### Website:

<https://wiikwemkoong.ca/administration/ontario-works/>

#### Social Media Sites

Facebook: [https://facebook.com/Wiikwemkoong Ontario Works](https://facebook.com/WiikwemkoongOntarioWorks)

#### Main Contact Persons

Shelley Trudeau, Administrator, [shelley.trudeau@wikyow.ca](mailto:shelley.trudeau@wikyow.ca)  
Joseph Ominika, Case Manager, [joe.ominika@wikyow.ca](mailto:joe.ominika@wikyow.ca)

The Wiikwemkoong Ontario Works (OW) office has the responsibility of delivering the provincial Ontario Works program; there are two forms of assistance under the Ontario Works program; basic financial assistance and employment assistance.

Basic financial assistance includes income assistance provided for purposes of basic needs and shelter, mandatory and discretionary benefits, and emergency assistance.

Employment assistance includes supports and services aimed at increasing the participant's employability and/or quality of life. This includes education/basic training, life

and home skill development, parenting programs, certificate training and on-the-job training opportunities (community placement or employment placement). Many of these activities are coordinated as a collaborative effort between various community organizations/departments.

In addition to the two core functions identified within the provincial program, the Wiikwemkoong OW office also manages the following programs:

- **Employment Experience:** a federally funded wage subsidy program that provides OW participants with on-the-job training and work experience through a paid placement.
- **Informal Child Care:** financial assistance to cover informal child care while OW or ODSP participants participate in employment related activities.
- **Homemaking:** non-medical services such as light housekeeping, laundry, shopping, and meal preparation to individuals who require assistance with household activities of daily living, and who have limited financial resources.
- **Addiction Services Initiative (ASI):** an OW program that is a targeted employment assistance activity designed to help participants whose substance abuse is a barrier to participation in employment and/or employment related activities.
- **Low-Income Assistance Program:** financial assistance for emergency shelter-related costs (such as minor house repairs and heating expenses) available to low-income individuals/families not in receipt of social assistance (ie. Elders in receipt of Old Age Security, persons in receipt of Employment Insurance, disability, etc).

*The following Events may be subject to change.*

#### EMPLOYMENT SKILLS DEVELOPMENT

##### EMPLOYMENT INFORMATION SESSION

OW Resource Room

-Monday, January 13 & 27, 2020 at 10:00am & 2:00pm

-Monday, February 10 & 24, 2020 at 10:00am & 2:00pm

-Monday, March 9 & 23, 2020 at 10:00am & 2:00pm

##### JOB READINESS

OW Resource Room

-Thursday & Friday, January 16 & 17, 2020 at 10:00am-3:00pm

-Thursday & Friday, February 13 & 14, 2020 at 10:00am-3:00pm

##### RESUME WRITING

OW Resource Room

- Friday, January 24, 2020 at 1:00pm-3:00pm



-Friday, February 21, 2020 at 1:00pm-3:00pm  
-Friday, March 27, 2020 at 1:00pm-3:00pm

#### DRESS FOR SUCCESS

Location TBD

-Monday, January 13, 2020 at 9:00am-4:00pm  
-Monday, February 10, 2020 at 9:00am-4:00pm

-Tuesday, March 24, 2020 at 9:00am-4:00pm

#### LIFE & HOME SKILLS

##### COOKING CLASSES

Wiky Arena

-Tuesdays, January 14 & 28, 2020 at 10:00am-3:00pm  
-Tuesday, February 4 & 18, 2020 at 10:00am-3:00pm  
-Tuesday, March 3, 2020 at 10:00am-3:00pm

##### G1 STUDY GROUP

OW Resource Room

-Friday, February 7, 2020 at 2:00pm  
-Friday, March 6, 2020 at 2:00pm

##### BUDGETING

OW Resource Room

-Wednesday, January 15, 2020 at 5:00pm-8:00pm  
-Wednesday, February 19, 2020 at 5:00pm-8:00pm  
-Thursday, March 19, 2020 at 2:00pm

##### DRAPES & GROMMETS

The Rectory

-Tuesday & Wednesday, February 18 & 19, 2020 at 5:00pm-8:30pm

##### NEW YEAR, NEW ME

Location TBD

Friday, January 10, 2020 at 10:00am-3:00pm

#### GENERAL INTEREST

##### ESPANOLA SHOPPING TRIP

-Monday, February 3, 2020 Depart @10am  
-Monday, March 2, 2020 Depart @10am

##### SUDBURY SHOPPING TRIP

-Monday, January 20, 2020 Depart at 8:30am  
-Thursday, February 20, 2020 Depart at 8:30am  
-Friday March 20, 2020 Depart at 8:30am

##### THE FOUR AGREEMENTS - BOOK CLUB

OW Resource Room

-Tuesdays, January 7, 14, 21, 28, 2020 at 5:30pm-8:00pm  
-Tuesdays, February 4, 11, 18, 25, 2020 at 5:30pm-8:00pm

##### STEPS FOR CHANGE

OW Resource Room

-Tuesdays, January 14, 21, 28, 2020 at 1:00pm-3:00pm  
-Tuesdays, February 4, 11, 18, 25, 2020 at 1:00pm-3:00pm  
-Tuesday, March 3, 2020 at 1:00pm-3:00pm

##### FAMILY ACTIVITY

OW Resource Room

-Tuesday February 11, 2020 at 5:00-8:00pm  
-Monday, March 16, 2020 at 10:00am-2:00pm  
-Wednesday, March 18, 2020 at 8:45am-5:00pm (Science North)

##### WOODEN SIGN MAKING

Location TBD

-Thursday, February 13, 2020 at 5:00pm-8:00pm

##### IDENTIFICATION WORKSHOP

-Thursday, March 12, 2020 at 1:00-3:00pm

##### SNOWSHOEING

Location TBD

-Thursday, March 19, 2020

#### CULTURAL ENRICHMENT

##### BEADING

Council Chambers

-Thursdays, January 9 & 23, 2020 at 5:00-8:00pm  
-Thursdays, February 6 & 20, 2020 at 5:00-8:00pm  
-Thursdays, March 12 & 26, 2020 at 5:00-8:00pm

##### FEAST BAGS

The Rectory

-Tuesday & Wednesday, January 21 & 22, 2020 at 5:00pm-8:30pm

##### CEDAR BATH TEACHINGS

Medicine Lodge

-Wednesday, February 5, 2020 at 12:00pm-4:00pm

##### INDIVIDUAL CEDAR BATHS

South Bay Centre

-Thursday & Friday, February 6 & 7, 2019

##### RIBBON SKIRTS

The Rectory

-Monday-Thursday, March 16-19, 2020 at 5:00pm-8:30pm



**WIKWEMIKONG  
TRIBAL POLICE SERVICE**

**2074 Wikwemikong Way, P.O. Box 27  
Wikwemikong, Ontario, P0P 2J0**

Telephone Number: (705) 859-3141  
Toll Free Number: 1-866-684-1136  
Fax Number: (705) 859-2656  
After Hours Reporting: 1-888-310-1122  
Website: wikwemikongpolice.ca

**Administrative Hours:**

Monday to Friday: 8:00 a.m. to 4:30 p.m.

**Social Media Sites:**

Facebook: Wikwemikong Tribal Police Service

**Main Contact Person:**

Terry R. McCaffrey, Chief of Police

**UPCOMING EVENTS**

WIKWEMIKONG TRIBAL POLICE SERVICE BOARD  
MEETINGS - 2019

Police Boardroom, January 8, 2020 at 6pm  
Police Boardroom, February 12, 2020 at 6pm  
Police Boardroom, March 11, 2020 at 6pm

**HIGHLIGHTS 2019**

**COMMUNITY SERVICE**



October 2019: WTPS and Ontario Provincial Police hosted an Equipment Giveaway at the Wikwemikong Arena (Winch Group provided donation of equipment)



Wikwemikong Tribal Police Service CSO Zach Webkamigad and FN/ Auxiliary Taylor Peltier participated in a community walk organized by Nookomisnaang Shelter for Missing & Murdered Indigenous Women.

**NEW STAFF**



Branden Pheasant (right)  
First Nations Constable



Richard Jr. Flamand  
HR/Accounts Payable Clerk

**NEW BOARD OF DIRECTORS**



November 13, WTPS Board held its Annual General Meeting; 2 new members join for remaining 2019-2020 Term: Thecla Neganegijig (new), Lenore Mayers, Cheryl Osawabine-Peltier (new), Rachel Manitowabi; missing from photo: Jennifer Fox, President

## Wikwemikong Tribal Police Service Awarded Top Prize for it's New Vehicle Design

Blueline Canada's Law Enforcement Magazine:  
Canada's 2020 Best Dressed Police Vehicle Award  
Category: Community Relations



The program showcases innovative and effective designs for police vehicle graphics and equipment packages and installation. These vehicles are often the most public face of policing and should reflect their communities as well as serve as a symbol of civic pride. Winners will be honoured at Blue Line Expo on April 21, 2020, in Mississauga, Ontario. More information at [bluelineexpo.com](http://bluelineexpo.com).

### SYNOPSIS – Best Dressed Vehicle

1) Vehicle Design and Decals – The Wikwemikong Tribal Police Service (WTPS) vehicle design depicts a grey and white Thunder Bird (eagle) with gold highlights. The colours are a representation of the Thunder Bird who soars high above and within the clouds. The gold is a representation of the soaked sun rays as the Thunder Bird is closest

to the creator and the sun. The Thunder Bird (eagle) teachings are of love and are found within the core of all Anishinaabe teachings.

The WTPS patch incorporates the Seven Grandfather Teachings in the form of seven feathers hanging from the medicine wheel. The Seven Grandfather Teachings of the Anishinaabe are also depicted on the WTPS units in the form of petroglyphs which represent guiding principles/values of the Anishinaabe people and WTPS: **Thunder Bird-Love, Bear- Bravery; Wolf- Humility, Sabe-Honesty; Beaver- Wisdom; Turtle-Truth; Buffalo-Respect.** The Anishnabemowin tongue “Enaagdawenjiged” – means, “the ones who take care of things” / “the protectors”. The fonts chosen for the units represent an evolution of First Nations policing that bridge the wisdom of the past into the future.

- 2) The significance of the vehicle design is its incorporation of the Anishinaabe culture. It represents a visual response to “Reconciliation” from colonial modern-day police to a community-oriented policing using symbols that define Anishinaabe culture and traditions. The unorthodox designs maintain a balance between legislative requirements and the values of the Anishinaabe in Wikwemkoong.
- 3) The designs are fully reflective and stand out at a distance and are easily recognizable as the WTPS 24 hours a day.
- 4) The WTPS members, Wikwemkoong community members and community Elders were involved in the design and providing the teachings and guiding principles of the Seven Grandfather Teachings. Further, a local Elder provided a more accurate representation of police as ENAAGDAWENJIGED through ceremony and much thought.
- 5) The designs and WTPS patch are unique to Anishinaabe as it represents culture and community and the evolution of policing while maintaining a balance between modern and grass roots ideologies and pedagogy of living a good life. It represents where we come from, our guiding principles, cultural teachings, modern day protection, living in harmony and the respect for all.



**STAY SAFE IN THIS NEW YEAR  
PROTECT YOURSELF AND OTHERS  
R.I.D.E. Program  
(Reduce Impaired Driving Everywhere)**



**WIKWEMKOONG  
FIRE DEPARTMENT**

P.O.Box 112, 19-A Complex Drive  
Wikwemkong, Ontario  
P0P-2J0  
Phone-(705) 859-2011  
Fax- (705) 859-3851

**Contacts:**

Bernie Brant-Program Manager/Fire Chief  
berniebrant@wiikwemkoong.ca  
wiikwemkoongfireprotection@outlook.com

**Fire Prevention Information Sites:**

www.afac-acpi.ca/      www.nfpa.org      www.sparky.org

**Social Media Sites:**

Facebook: Wiikwemkoong Fire Protection

911 Emergency Response, Inspection/Prevention Services,  
Assistance with Life Safety Aids (Smoke Alarms, Carbon  
Monoxide Alarms, and Fire Extinguishers)

**Mission Statement:**

The Wiikwemkoong Fire Department, with the best of its  
ability, will protect the life and property of the people and  
visitors of the Wiikwemkoong Unceded Territory.  
We will train and practice to achieve current standards set  
up for first nations and municipal fire and rescue services.  
We will provide education and awareness on fire safety and  
prevention to the community members, young and old, of  
the Wiikwemkoong Unceded Territory.

**Recognition & Appreciation:**

The Wiikwemkoong Fire Department greatly appreciates  
our volunteer community emergency responders, they have  
and continue to demonstrate their commitment to our essen-  
tial service and provide a key part in serving the Wiikwem-  
koong Unceded Territory.



***Wiikwemkoong Fire Department Reminds Everyone  
About Carbon Monoxide-Especially This Time of Year***

***Why Should I Care About Carbon Monoxide?***

***It Kills.*** Many Canadians die every year from carbon monoxide poisoning in their own homes, most of them while sleeping.

***It Injures.*** Hundreds of Canadians are hospitalized every year from carbon monoxide poisoning, many of whom are permanently disabled. Everyone is at Risk - 88% of all homes have something that poses a carbon monoxide threat.

Carbon Monoxide is a colourless, odourless, tasteless, toxic gas that enters the body through the lungs during the normal breathing process. It replaces oxygen in the blood and prevents the flow of oxygen to the heart, brain and other vital organs.

***Where does Carbon Monoxide Come From?***

Produced when carbon-based fuels are incompletely burned such as: *Wood, Propane, Natural Gas, Heating Oil, Coal, Kerosene, Charcoal, Gasoline*

***What Are the Main Sources of Carbon Monoxide in my Home?***

Wood burning/gas stoves, gas refrigerators, gasoline engines, kerosene heaters and others.

***How Can I Tell if There is a Carbon Monoxide Leak in my Home?***

•Headache, nausea, burning eyes, fainting, confusion, drowsiness.

- Often mistaken for common ailments like the flu
- Symptoms improve when away from the home for a period of time
- Symptoms experienced by more than one member of the household.
- Continued exposure to higher levels may result in unconscious, brain damage and death.
- The elderly, children and people with heart or respiratory conditions may be particularly sensitive to carbon monoxide.

#### *Environment*

- Air feels stale/stuffy
- Excessive moisture on windows or walls
- Sharp penetrating odour or smell of gas when furnace or other fuel burning appliance turns on.
- Burning and pilot light flames are yellow/orange, not blue
- Pilot light on the furnace or water heater goes out
- Chalky white powder or soot build up occurs around exhaust vent or chimney.

#### ***How Can I protect Myself and my Family?***

- Regularly maintained appliances that are properly ventilated should not produce hazardous levels of carbon monoxide
- Have a qualified service professional inspect your fuel burning appliance(s) at least once per year.
- Have your chimney inspected and cleaned every year by a W.E.T.T. certified professional.
- Be sure your carbon monoxide alarm has been certified to the Canadian Standard Association (CSA) CAN/CGA 6.19 standard or the Underwriters Laboratories (UL) 2034 standard.
- Install a carbon monoxide alarm in or near the sleeping area(s) of the home.
- Install the carbon monoxide alarms(s) in accordance with the manufacturer's instructions.

#### ***What Should I Do if my Carbon Monoxide Alarm Starts Beeping?***

***ALWAYS REACT TO A CARBON MONOXIDE ALARM THAT HAS ALARMED! GET OUT OF YOUR HOME AND CONTACT YOUR LOCAL FIRE DEPARTMENT FOR ASSISTANCE.***

#### ***To Keep Safe Please Remember:***

You have a responsibility to know about the dangers of car-

bon monoxide. Your knowledge and actions may save lives. A carbon monoxide alarm is a good second line of defense. It is not a substitute for the proper care and maintenance of your fuel burning appliance(s). Take the time to learn about the use of carbon monoxide alarms in your home to ensure you are using the equipment properly and effectively.

#### ***Where To Install A Carbon Monoxide Alarm***

Since carbon monoxide moves freely in the air, the suggested location is in or as near as possible to sleeping areas of the home. The human body is most vulnerable to the effects of carbon monoxide during sleeping hours. To work properly the unit must not be blocked by furniture or draperies. Carbon Monoxide is virtually the same weight as air and therefore the alarm protects you in a high or low location. For maximum protection, a carbon monoxide alarm should be located outside primary sleeping areas, in sleeping areas and in each level of your home.

#### ***Where NOT to Install a CO Alarm***

Some locations may interfere with the proper operation of the alarm and may cause false alarms or trouble signals. CO alarms should not be installed in the following locations:

- Within 1.5m (5 feet) of any cooking or open flame appliances such as furnaces, stoves and fireplaces.

#### ***Maintenance***

Test your carbon monoxide alarm regularly to make sure it is operating properly. The owner's manual should tell you how to test your alarm.

#### **FIRE SAFETY TIPS**

- Ensure your 911 Address is clearly visible for emergency services
- Ensure your driveway is clear of snow and accessible for emergency services as soon as possible after a snow fall
- Never Leave Cooking Unattended,
- Never Leave Candles Unattended,
- Test your Smoke Alarms & Carbon Monoxide Alarms, Plan & Practice your home escape plan,
- Do not store fuels or propane cylinders inside your home, store outside at a safe distance from your residence
- Outdoor garbage bins are a potential fire hazard, garbage bins should be placed at a safe distance from your residence

## Wikwemikong Tourism-Leader in Indigenous Tourism



It's been more than a stellar couple of years for Wikwemikong Tourism as they have been recognized at

both the provincial and national level for the work they have been doing to accelerate the growth of Indigenous tourism in the region.

It started in 2017 when Tourism Manager Luke Wassegijig received the Tourism Champion Award by the Nature and Outdoor Tourism Organization at the Northern Ontario Tourism Summit. In 2018 Wikwemikong Tourism was honored with the inaugural Indigenous Tourism Award by the Tourism Industry Association of Ontario, then in 2019 the Wikwemikong Annual Cultural Festival took home the award in Collingwood.

This past November the Indigenous Tourism Association of Canada hosted the world's largest Indigenous Tourism Conference in Kelowna, BC where they presented Wikwemikong Tourism with the Indigenous Adventure Award.

**(Pictured to the right).** This award recognized the best practices in Indigenous Adventure Travel, more notably the award acknowledged the work they are doing through their Trail Development Services, cultural tours as well as developing Point Grondine Park into a world class adventure tourism product.

The accolades have no doubt propelled the organization to new heights by recognizing the work they are doing to advance Indigenous Tourism. That work started at the community level where Wikwemikong Tourism has been guided by their Tourism Strategy which is built upon six pillars; *Tourism Infrastructure, Product Development, Marketing/Branding, Human Resource Development, Premier Events and Own Source Revenue.* As the parent organization, The Wikwemikong Development Commission has endorsed the strategy through their Economic Development Plan and the Comprehensive Community Plan which supports the mission of building a foundation for sustainable tourism development that will position Wikwem-

ikong as a four season destination. Currently Wikwemikong Tourism employs four full time staff, in addition to 15 seasonal employees through the Tourism Information Center, Point Grondine Park, Trail Development Services and Special Projects.

The future for Wikwemikong Tourism is bright as they continue to align their strategies to meet the growing international demand for authentic Indigenous Tourism experiences. Keeping up with that demand requires a strong work force to deliver the product and plans are well underway to develop a guide training/recruitment program which will build capacity, increase skill sets and transfer traditional knowledge. The goal is to align products with national programs such as ITAC's RISE Project which will set benchmarks and standards for Indigenous Tourism businesses. The goal of Wikwemikong

Tourism's tour programs are to educate visitors and to foster and support reconciliation in a manner that allows Wikwemikong to share "our story through our lens". At the community level Wikwemikong Tourism is working with community partners on a Waterfront Development Plan which will increase accessibility, lead to job creation and increase economic opportunities for Wikwemikong. "As the tourism economy grows we must ensure that our strategies are inclusive of the broader community plans and that the tourism growth is managed in a sustainable manner," states Tourism Manager Luke Wassegijig.

Part of that growth will be the phased development of Point Grondine Park which plans to begin construction on the Eco Resort and Campground in 2020. The Point Grondine Park has been operating as a backcountry wilderness park since 2016 with increases in visitor numbers annually. The **grow as you go** model for the park will see the expansion into the Eco Resort with plans to develop 61 campground sites, up to 17 three and four season roofed accommodations, Discovery Center and Adventure Zone that will compliment existing backcountry elements.

These are no doubt exciting times for Wikwemikong and with the Manitoulin Ice Showdown expected to grow and the 60th Annual Cultural Festival planning well underway, expect that 2020 will be another banner year. **To learn more about Wikwemikong Tourism visit us at [www.wiikwemkoong.ca/tourism](http://www.wiikwemkoong.ca/tourism) or drop in the office at the Tourism Arts Center.**





**SEARCH FOR OUR APP  
RAINBOW RIDGE GOLF  
IN YOUR APP STORE!**



## EVENTS

### 5TH ANNUAL WINTER BLAST INDOOR GOLF LEAGUE

Starts January 23rd, 2020

10 weeks - Weekly Games - Leaderboard - Cash Prizes

Buy a 10 week League Pass for only \$170

Or pay when you play - only \$20

*Prices are plus applicable tax*

***Like and Follow Us on Facebook for all League Play  
and Indoor Golf Happening!***

Don't forget to check out our weekly contests for chances to win Awesome stuff and food items!

### theRIDGE ACOUSTIC SOFA SESSIONS

January 17th, 2020

February 28th, 2020

March 27th, 2020

\$5 Admission or FREE IF YOU PLAY!

### 7TH ANNUAL SUPER BOWL VIEWING PARTY

February 2nd, 2020

Tickets - \$30

Includes 2 Wobbly Pops, all you can eat Wings and Pub Grub. Great Prizes to be won sponsored by Labatt's and Mantoulin Brewing Company!

Check out many of our community partners for many other events brought to you by Rainbow Ridge Golf Course and Indoor Golf Academy.

***Download the NEW Rainbow Ridge Golf  
App for more amazing features!  
Download now on Apple Store  
and Google Play***



***theRIDGE Bar & Grill/Indoor  
Golf Academy  
is now open  
Thursday and Friday, 4pm -10pm  
Saturday and Sunday, 12pm - 8pm***



**HOLY CROSS MISSION & SATELLITE COMMUNITY CHURCHES**

*(St. Anthony Daniel Kaboni, Our Lady of Grace South Bay, St. Ignatius Buzwah)*  
2525 Wikwemikong Way  
Wikwemikong, ON, P0P 2J0  
Phone number: (705) 859-3259

**Social Media Site:** Facebook: Holy Cross Mission

Our focus is on the spiritual well-being of community members, from birth until death, as well as prayers for the deceased. We seek to provide culturally appropriate spiritual and religious services in the Catholic tradition.

Sacramental services include: Sunday and weekday masses and Communion services; baptism; confirmation; marriage; sacrament of reconciliation (confession); anointing of the sick; wake and funeral services. Eucharistic ministers bring Communion to people in their homes, and to the Little Current hospital on Sundays. Fr. Paul and Deacons and DOS are available for house blessings.

**PRAYER MEETINGS**

Rectory, or in people's homes  
Mondays at 7:00 p.m.

**SUNDAY SCHOOL**

Rectory  
Sundays at 10:00 a.m.

**FRIENDSHIP CAFÉ**

Rectory  
Sundays after the 11:00 Mass

**FIRST COMMUNION PREPARATION**

Junior School  
Beginning in February

**CONFIRMATION PREPARATION**

Rectory  
Beginning in March

**PANCAKE BREAKFAST**

Rectory

Tuesday, February 25, time TBA

**ASH WEDNESDAY MASS**

Holy Cross Church

Wednesday, February 26, 7:00 p.m.

**STATIONS OF THE CROSS**

Holy Cross Church and/or St. Ignatius Church

Beginning after Ash Wednesday

**SUNDAY MASSES**

St. Anthony Daniel Kaboni, 9:00 a.m.

Holy Cross Church, 11:00 a.m.

Nursing Home, 11:00 a.m. (Communion service)

St. Ignatius Buzwah, 4:00 p.m.

**WEEKDAY MASSES**

Nursing Home

Wednesdays at 1:30 p.m.

Holy Cross Church

Mondays at 12:10 p.m. (Communion service)

Thursdays and most Fridays at 12:10 p.m.

First Saturdays at 9:00 a.m.

Amikook

First Fridays at 10:00 a.m.

**BINGO**

Once a month, Buzwah Church

***Mental Wellness Peer Mentoring Program***

*Marcie Tabobondung, a Placement Student with Nadmadwin Mental Health Clinic and Mndioo Mnising Crisis Response Team, is providing a Peer Mentorship Program to grade 7 students at Wikwemikong Pontiac School.*

*The program began November 2019 and runs through to May*

*2020 (Tuesdays and Thursdays).*

*The Peer Mentorship Program is designed to teach the students skills that will enhance their abilities to become better helpers to their peers and to also better help themselves.*

*The goal is to introduce topics that have a mental health and traditional theme. Areas of focus include, but totally*

*not limited to: Self-Care, SafeTALK, Mental Health First Aid, Sacred Fire Teachings, Laternal Violence and Peer Helper Training.*





**WASSA NAABIN COMMUNITY YOUTH SERVICES PRESENTS**

# SWIMMING

ESPANOLA RECREATIONAL COMPLEX  
6 Week Swimming Lessons Program  
Ages 5 & Up  
1/2 Hour Lesson  
1/2 Free Swim  
**SUNDAYS**  
February 16  
February 23  
March 1  
March 8  
March 22  
March 29  
12pm - 1pm

**FREE**  
Limited to First  
30 Registered Participants

Registration forms are available at the Youth Centre. You **MUST** be registered to attend. **MANDATORY** parent/guardian supervision is required in pool. **TRANSPORTATION NOT PROVIDED.**








**INFORMATION & REGISTRATION CONTACT**  
Lawrence Enosse, 705-859-3164; Email: lawrencee@wikyhealth.ca

*"I Take Your Fitness for Better or for Worse; For Richer or Poorer; in Sickness and in Health; 2020...the YEAR OF COMMITMENT!"*

# NEW YEARS FITNESS MEMBERSHIP SPECIAL

**\$50 for 3 MONTHS**  
Purchase between Dec 10 - Jan 21  
(\$40 Saving)



**"2020...Don't Make a 'Resolution'; Make...Yourself"**

**CONTACT:**  
Lawrence Enosse, 705-859-3597  
Email: lawrencee@wikyhealth.ca





**Wassa Naabin Community Youth Services Centre Presents:**

**Skiing Lessons**

LIMITED 6 SPOTS AVAILABLE  
Pre-Registration is Mandatory  
Limited Transportation Provided  
Parents Encourage to Attend

**SATURDAYS**  
January 25  
February 1  
February 8  
February 18  
February 22  
Departures @ Youth Centre 9am  
Arrives Back @ Youth Centre 4:30pm

**INFORMATION & REGISTRATION**  
Andre OR Lawrence (705) 859-3597  
Email lawrencee@wikyhealth.ca



ESPANOLA





## March Break Culture Camp

**4 Days of...FUN!**  
**March 16th-20th**  
**10am-3pm**  
**SOUTH BAY CENTRE**

**ACTIVITIES**  
Crafts, Games, Native Teaching, Outdoor Activities, Life Skills, Cooking, Maple Syrup, Trapping, Story Telling, Ice fishing, Skating



**Lunch & Transportation Provided**  
**Pick up Location (TBD)**

**INFORMATION**  
Brian Peltier/ Sheena Wassegijig at 705-859-2385  
Larissa Pangowish/ Andre Rivers at 705-859-3597








**Ashley Assinewe-Bennett**

Miss Wiikwemkoong', Wiikwemkoong Annual Cultural Celebration 2019

*What it means to me to be crowned Miss Wiikwemkoong...*

Being crowned Miss Wiikwemkoong to me means being a supportive and encouraging role model for my community of Wiikwemkoong and to other communities as well. This role is more than just being a "Powwow Princess". With this role, I am able to help youth from my community and other communities by encouraging them in healthy and traditional ways.

*Keeping active in community - in culture...*

Since I was honored with the title of Miss Wiikwemkoong in August of 2019, I've been attending powwows in the southern Ontario and in October, I had the amazing opportunity to attend 'Hunting Moon 2019 Powwow' in Milwaukee, Wisconsin. It was my first time at this Powwow and it was an amazing experience. I had the opportunity to connect with other community ambassadors. I have also been attending community round dances to represent our Community.

In March this year, I am travelling to Paris, London and Rome on a school trip...taking my Crown with me!

Also in April 2020 I will be attending 'Gathering of Nations Powwow in Albuquerque,

New Mexico'. I am very excited for this powwow as it is my first time attending!

*I am most proud of...*

The thing that I pride myself being most of...is always being kind to people and always having a good heart. I always think of how other people's days are going; you just never know if they are going through hard times. I always love to offer my help to people - it's the thing that brings me the most happiness; seeing the learning through other peoples eyes and also seeing them being happy.

*There are challenges and there are rewards in life...*

The most challenging thing about being a youth is facing impacts come from inter generational trauma. Most of these challenges consist of finding identity, a sense of belonging, drug and alcohol addictions, lack of proper health and loss of language or culture. But the most beautiful thing about being a youth is working through these issues and watching each other grow and blossom. We are working towards a healthy road for our next generations.

*As we enter a 'new' year...*

My advice for the youth in our community is...**"Get Your Education"**. Our grandmothers and grandfathers never had the chances that we have today with education. **Think of them...**when you are struggling on finishing that paper, waking up for school or falling behind. They are so proud of you already for how far you've come and the dreams you will pursue. **Take it one step at a time; one day at a time.**

**Always remember that progress takes time...for everything!**

**Also Wiikwemkoong Youth Vibrance**  
**Autumn Peltier**

*Wiikwemkoong's Autumn Peltier has been a busy young Kwe these past few months advocating on the protection of our Nbi (water). She has also received many new recognitions and awards. Most recently she was appointed Anishinabek Nation Water Commissioner. Autumn was also feature in the AFN's 'The Circle' publication. Also in 2019, she delivered a speech to the Global Landscapes Forum and the United Nations General Assembly. In November, she was named '2019 Chatelaine Woman of the Year' for being a clean water warrior. She was also named as one of the BBC's top 100 inspiring and influential women for 2019, earning the title of the only person in this year's selection who is listed as Canadian.*

**KEEP THE FIRE STRONG...  
FOR THE FLOW OF OUR LIFELINE...  
OUR NBI.**

## WIKWEMKOONG DIRECTORY

A & V Heating .....	859-1900	Rabbit Island Centre .....	859-3121
ABORDIGITAL Printing & Design	859-1912	Rainbow Ridge Golf Course .....	859-2990
Amikook Senior's Centre .....	859-2194	Service Canada .....	859-2172
ASI .....	859-3157	South Bay Centre .....	859-1175
Andy's .....	859-3788	Wikwemikong Tourism Centre ...	859-3477
Art Gallery .....	859-2204	Trudeau Plumbing .....	859-2466
Bayside Resort.....	859-1070	Waasa Naabin Youth Centre .....	859-3597
Bev Naokwegijig Catering .....	859-2368	Waubetek.....	1-800-665-2248
Buzwah Confectionary .....	859-3886	Way To Go Pizza .....	859-2269
Buzwah Fisheries .....	859-1807	Wikwemikong Board of Education	859-3834
Community Planning Centre .....	859-2900	Hub Centre .....	859-3797
Canada Post Office .....	859-1966	Junior School .....	859-3536
Children's Aid Society (Manitoulin)	368-2810	Pontiac School.....	859-3133
Children's Aid Society (Sudbury)	566-2810	High School .....	859-2870
Community Living Wikwemikong	859-2174	Post-Secondary Counselling .....	859-2010
Contact North .....	859-2185	Wiini n'guch Tood LDM .....	859-2732
Daystar Native Outreach .....	859-2640	Wikwemikong Health Centre .....	859-3164
Ed's Family Restaurant.....	859-3676	Wikwemikong Dental Office .....	859-3476
En-Dye Inn B & B/Wiky Bay Tours	859-2955	Long-Term / Home-Community Care	859-3098
Wikwemikong Fire Department...	859-2011	Nadmadwin Mental Health Clinic	859-2330
First Tel Communications .....	859-2620	Wikwemikong Development Commission	859-3001
Gore Bay Court .....	282-2461	Wikwemikong DevelopmentCommission Trades Building	
Hillside Variety.....	859-3044	.....	859-3341
Karen's Coffeemat .....	859-2020	Wikwemikong Heritage Organization	859-2385
Kina Gbezhgomi Child & Family		Wikwemikong Nursing Home .....	859-3107
Services .....	859-2100	Wikwemikong Public Library .....	859-2692
.....	859-1010	Wikwemikong Garage.....	859-2366
Lands Building (Fox Lake Road) ...	859-3461	Wikwemikong Arena.....	859-3142
Lewis' Disposal Service .....	859-1633	Wikwemikong Sewage Plant .....	859-2111
Lewis' Video & Games .....	859-3244	Wikwemikong Tribal Police.....	859-3141
Manitoulin Health Centre .....	368-2300	Wikwemikong Trust Office .....	859-2047
Manitoulin Hotel & Conference Centre (Little Current)		Wikwemikong Water Plant .....	859-1831
.....	368-9966	Wiky Hock Shop.....	859-2837
Medora Hicks B & B.....	859-2638	Wiky TV 5 .....	859-3200
Mishibinijima Studios .....	859-3871	.....	859-1716
Mnis I.D.A Pharmacy .....	859-2866	Your Dollar Store & More .....	859-2554
MS Chi-Cheemaun .....	859-3161	Zaawmiknaang Native Crafts .....	859-1642
Ngwaagan Gamig-Rainbow Lodge	859-2324	.....	859-1446
Noojmowin-Teg Health Centre ...	368-2182	Zipp Thru .....	859-1211
Oakridge Place .....	859-1572		
Ontario Works .....	859-3158	<u>Churches</u>	
.....	859-3159	Holy Cross Mission .....	859-3259
Patsy's Catering .....	859-2952	St. Anthony Daniel Parish Church - Kaboni	859-3994
Property Management .....	859-3613	St. Ignatius Parish – Buzwah .....	859-2521



PRESENT



# MANITOULIN ICE SHOWDOWN

FEBRUARY 22 & 23, 2020  
ENTRY \$100 PER PERSON

## TOP 10 PRIZES FOR EACH LAKE

### MANITOWANING BAY

1ST PRIZE	2ND PRIZE	3RD PRIZE
\$5,000	\$3,000	\$2,000

### TAGGED FISH CONTEST

DAY 1 - \$2,500  
DAY 2 - \$2,500

**2 x \$500**  
**EARLY BIRD DRAW**

(Register Before Jan 20 2020)

### LAKE MANITOU

1ST PRIZE	2ND PRIZE	3RD PRIZE
\$5,000	\$3,000	\$2,000

### TARGET WEIGHT CONTEST

DAY 1 - \$2,500  
DAY 2 - \$2,500

*Plus* Registration Prize  
2020 Polaris Voyager 144



## TICKETS NOW ON SALE AT

SUDBURY  
RAMAKKO'S

ESPANOLA  
FISHY FISHY BANG BANG  
TRAIL SIDE SPORTS

WIKWEMKONG  
YOUR DOLLAR STORE W/ MORE  
WIKWEMKONG TOURISM  
OAK RIDGE PLACE

MINDEMOYA  
UP TOP SPORTS SHOP

LIVELY  
MOXY'S BAIT & TACKLE

LITTLE CURRENT  
MANITOULIN EXPOSITOR  
BREAKAWAY SPORTS

AND ONLINE AT

**FISHMANITOULIN.COM**  **MANITOULIN ICE SHOWDOWN**